

7-9 Year Olds (Kidz)



White Belt & Orange Belt

Counting to 10

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|----------|----------|-----------|---------|----------|
| 1. Hana | 2. Dool | 3. Set | 4. Net | 5. Tasut |
| 6. Yasut | 7. Ilgop | 8. Yaudul | 9. Ahop | 10. Yaul |

General Terminology

Attention	-	Cheryot
Bow	-	Conyae
Ready	-	Junbe
Block	-	Makgi
Punch	-	Jirugi
Kick	-	Chagi
Uniform	-	Dobok
Training Hall	-	Dojang
Stance	-	Sogi
Sitting Stance	-	Annun Sogi
Walking Stance	-	Gunnan Sogi

Learn the Name of your Instructor & Assistant Instructors

Mr Ben England – 5th Dan

Mr Adam Boycott – 2nd Dan

Mr Willow Manton – 2nd Dan

Yellow Belt & Green Belt – Also revise previous

Counting to 20

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|----------------|----------------|-----------------|---------------|----------------|
| 1. Hana | 2. Dool | 3. Set | 4. Net | 5. Tasut |
| 6. Yasut | 7. Ilgop | 8. Yaudul | 9. Ahop | 10. Yaul |
| 11. Yaul Hana | 12. Yal Dool | 13. Yaul Set | 14. Yaul Net | 15. Yaul Tasut |
| 16. Yaul Yasut | 17. Yaul Ilgop | 18. Yaul Yaudul | 19. Yaul Ahop | 20. Samaul |

General Terminology

Front Kick	-	Ap Chagi
Turning Kick	-	Dollyo Chagi
Outer Forearm	-	Bakat Palmok
Side Kick	-	Yop Chagi

Taekwon-do

Learn the Spelling

Sections

Low Section	-	Najunde
Middle Section	-	Kaunde
High Section	-	Nopunde

Taekwon-do Meaning

Tae	-	To Break or destroy with the foot
Kwon	-	To Break or destroy with the hand
Do	-	The way of the art, and being a good person.

Blue Belt & Red Belt – Also Revise Previous

Tennants of Taekwon-do

Courtesy	-	Ye Ui
Integrity	-	Yom Chi
Perseverance	-	In Nae
Self Control	-	Guk Gi
Indomitable Spirit	-	Baekjul Boolgool

Meaning of the Colour White

White signifies Innocence, as that of the beginner with no previous knowledge of Taekwon-do.

General Info

The founder of Taekwon-do is General Choi Hong Hi – 9th Dan

The start date of Taewon-do is 11th April 1955

Taekwon-do started in South Korea