NORTHEAST MARTIALARTS.CO.UK

# Little Lions Syllabus

| | White Belt to Purple Stripe | Purple Stripe to Orange Stripe | Red Stripe to Orange Stripe | Orange Stripe to Yellow Stripe |
|---|---|---|---|---|
| **Line Work** | Parallel Stance Punches | Sitting Stance Punches | Walking Stance Middle Block (Stepping) | L Stance Guarding Block |
| | Parallel Stance Rising Block | Sitting Stance Palm Pushing Block | Walking Stance Low Block (Stepping) | L Stance Middle Block |
| | Walking Stance Middle Block (No stepping) | Walking Stance Low Block (No stepping) | Sparring Hands | Sparring Hands & Head Blocks |
| | Crescent Kick | Front Snap Kick | Jumping Front Snap Kick | Side Piercing Kick |
| | Rising Kick | Downward Kick | Double Front Snap Kick | Side Rising Kick |
| **Partner Work** | Kick 4 Kick | Kick 4 Kick | Kick 4 Kick | Kick 4 Kick |
| | Wrist Grabs | Wrist Grabs | Shoulder Grabs | Shoulder Grabs |
| **Pattern** | | | | Saju Jirugi |
| **Balance Test** | Front Snap Kick Chamber | Side Piercing Kick Chamber | Hop in Side Piercing Kick Chamber | Shifting Side Piercing Kicks |
| **Focus Test** | Listening Position | Resting Position | Sparring Stance | Stretching Position |
| **Theory** | Where does Taekwon-Do come from? | How do you count to 10 in Korean? | What is the Korean word for Punch? | What are the tenets of Taekwon-Do? |
| | What is your favourite Taekwon-Do technique? | What is the Korean word for a Taekwon-Do uniform? | What is the Korean word for Block? | What does Saju Jirugi mean? |
| | How do you make a fist? | What is the Korean word for a Taekwon-Do training hall? | What is the Korean word for Kick? | |

Photos and teaching points for each move are available in the Little Lions Study Guide

*2016*