



LITTLE LIONS GRADING BOOKLET

Syllabus

Theory

Patterns notes



WELCOME TO TAEKWON-DO

What is Taekwon-Do?

Taekwon-Do is a Korean martial art and it is practiced by over 70 million people! There are many different styles of Taekwon-Do and one style is even in the Olympics.

What do we practice?

At Taekwon-Do we practice blocks, kicks, punches and strikes. Sometimes we perform these moves against kick pads, sometimes we perform them against nothing at all, this is called line work or shadow sparring. When you are older you will be allowed to practice against a training partner, this is called free sparring.

As well as all of our Taekwon-Do techniques we also practice strength and fitness work. We might run, crawl and jump. We might practice sit-ups or squats. Sometimes we run around pretending to be little monkeys or even dinosaurs!

Taekwon-Do can be lots of fun but it can also be difficult at times. The belt tests aren't easy, but you should always remember that a black belt is just a white belt who never gave up!

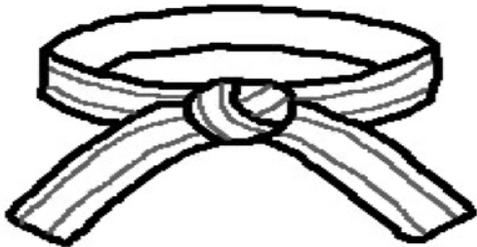


LITTLE LIONS BELTS



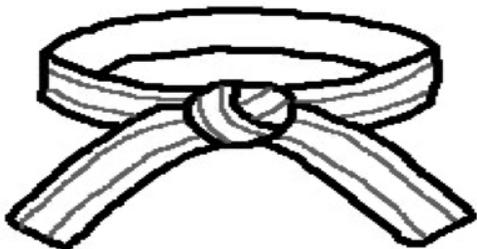
White Belt

Everyone starts as a white belt.



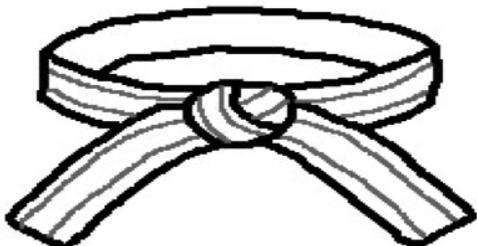
Purple Stripe

When you pass your first Little Lions grading you will receive a purple stripe belt. Colour the stripe purple.



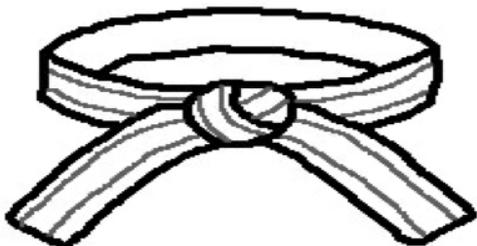
Red Stripe

Red stripe means that you have passed two Little Lions gradings. Colour the stripe red.



Orange Stripe

Once you have passed three Little Lions gradings you will receive an orange stripe belt. Colour the stripe orange.

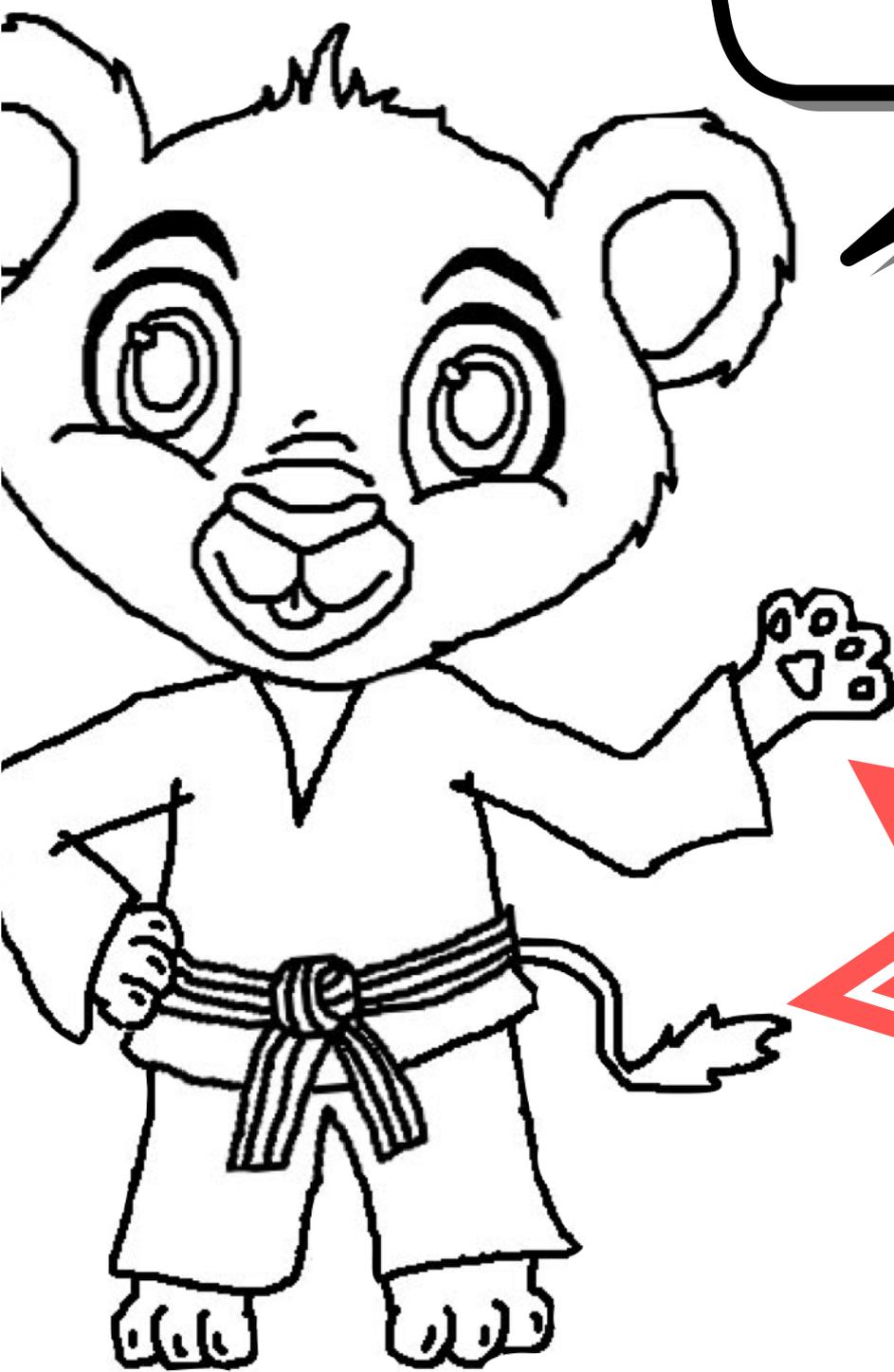


Yellow Stripe

Yellow stripe means that you have passed the last Little Lions grading. You will now follow the same taekwondo syllabus as the adults! Colour the stripe yellow.

MEET LEO

Hi there, my name is Leo. I'm five years old, and I love taekwon-do. I have been going to taekwon-do classes for nearly four months. I have just passed my first grading! I now have a purple stripe belt! Why don't you colour in this picture of me? Don't forget to colour the stripe on my belt purple.

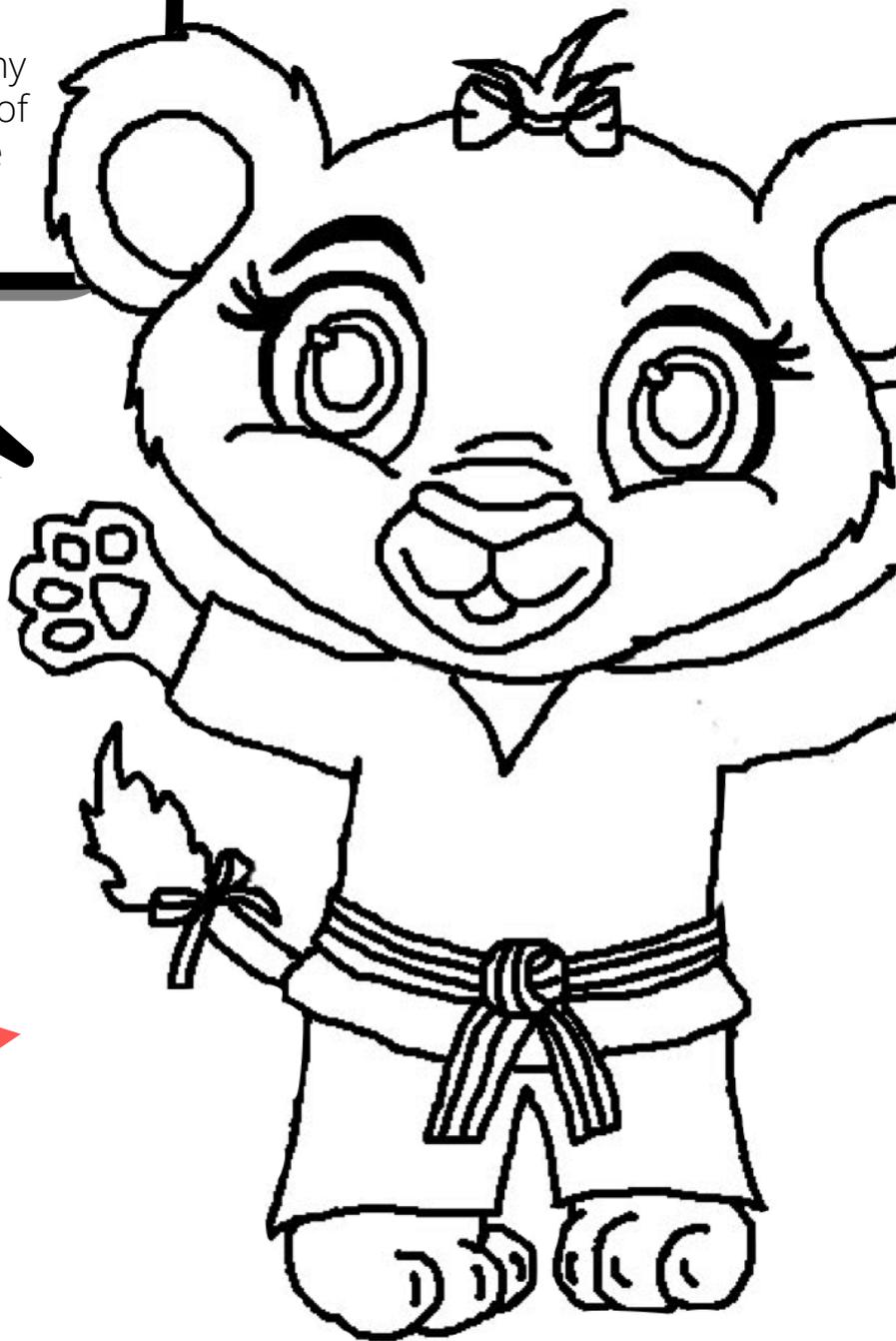


**Colour
me in**

MEET LEAH

Hello, my name is Leah and I'm six years old. I started Taekwon-Do over a year ago and I'm really enjoying learning all the new moves.

I have an orange stripe belt! Why don't you colour in this picture of me? Don't forget to colour the stripe on my belt orange.



**Colour
me in**

BASIC TERMS

In your Little Lions taekwon-do classes, you will hear your instructor giving commands in Korean. We've listed some of Leo and Leah's favourite Taekwon-Do terms here for you to practice.

Charyott

This means 'Attention'. When you hear this command get into Attention Stance as fast as you can!

Kyong Gae

This means 'Bow'. Bend forward slightly but remember to look forwards and not at the floor.

Si Jak

This means 'Start' and is usually said before working with a partner.

He Cho

This means 'Stop'. When you hear this command you must stop what you are doing.

Hai Sahn

This command is given at the end of a lesson. It means 'class dismissed'.

HINT! Make sure you learn how to count to 10 in Korean... You will be tested on your gradings.

Counting in Korean...

Hana

Tul

Set

Net

Dasot

Yasot

Ilgup

Yadol

Ahop

Yul

THE TENETS

A tenet is a principle or belief. In taekwon-do we have five tenets that we think are especially important.

The five tenets of Taekwon-Do are:

- Courtesy
- Integrity
- Perseverance
- Self Control
- Indomitable Spirit



Leo and Leah found it very difficult to learn the tenets of taekwon-do, but now that they have studied them carefully they want to help you to learn them too.

Leo found a good way to remember the order of the tenets...



If we look at the first letter of each of the five tenets we have the letters C, I, P, S and I. I like to remember them using the phrase 'Can I Please Scoff Ice-cream?!' Ice cream is my FAVOURITE!!!!

Can you think of a better phrase to remember C, I, P, S, I?

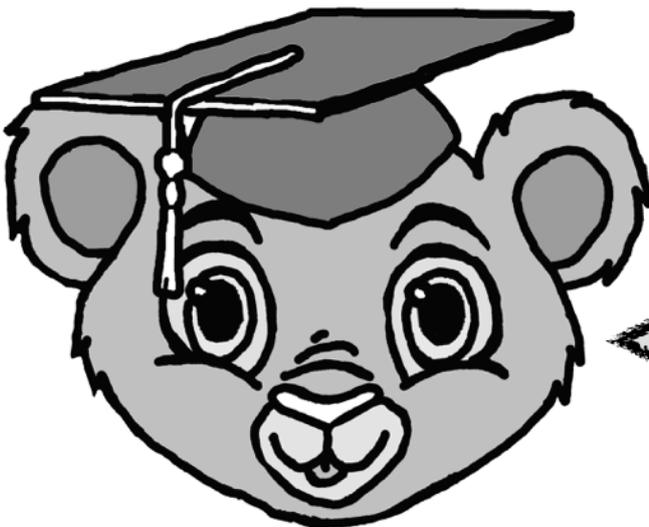
COURTESY

What is courtesy?

Courtesy means to be polite, to have good manners and to be respectful of others.

Leah shows good courtesy at taekwon-do by listening carefully when her instructor is talking, she helps her classmates if they are struggling and she always remembers to bow at the start and end of an exercise.

Write down some ways in which you show good courtesy at home.



Can you think of three people who show really good courtesy?

What are their names?

What sort of things do they do that makes you think they are courteous?

INTEGRITY

What is Integrity?

Integrity means to be honest.

Leo doesn't say that he has done 20 star jumps if he has only done 10. This shows good integrity. He also doesn't tell his friends that he is a black belt when he isn't.

Write down some ways in which you show integrity at school.

PERSEVERANCE

What is Perseverance?

Perseverance means to never give up and to be patient.

Leah shows good perseverance at taekwon-do by practicing side piercing kicks over and over, even though she finds them really difficult. Leo struggles to tie his belt by himself but he practices every day and he won't give up until he can do it.

Write down some memories of when you had to use perseverance.

SELF-CONTROL

Self-control can mean staying focused and not losing your temper.

Leah has great self-control at taekwon-do, she is extra careful if she is working with someone who is smaller than her so that she doesn't hurt them. Leo used to get distracted by the other children at Taekwon-Do class but now he shows much better self-control and concentrates on what he is practicing.

Both Leo and Leah never lose their temper or get angry if the person they are working with makes a mistake.

Write down some ways in which you show self control at home.



Why is it important to have good self control?

Can you think of someone at Taekwon-Do who has good self control?

What is their name?

How do they show self control?

INDOMITABLE SPIRIT

What is Indomitable Spirit?

People with indomitable spirit don't need pep talks or prizes to work hard or do the right thing, their strength comes from within.

Leo knows that he will need an indomitable spirit to get his Taekwon-Do black belt. He may fail a few gradings and may get a lot of bruises, but he knows that he won't stop until he achieves his goal.

Leah's friend was being bullied at school. Even though Leah was scared she still stood up for her friend.

When do you think you will need indomitable spirit?



Can you remember all five of the tenets of Taekwon-Do?

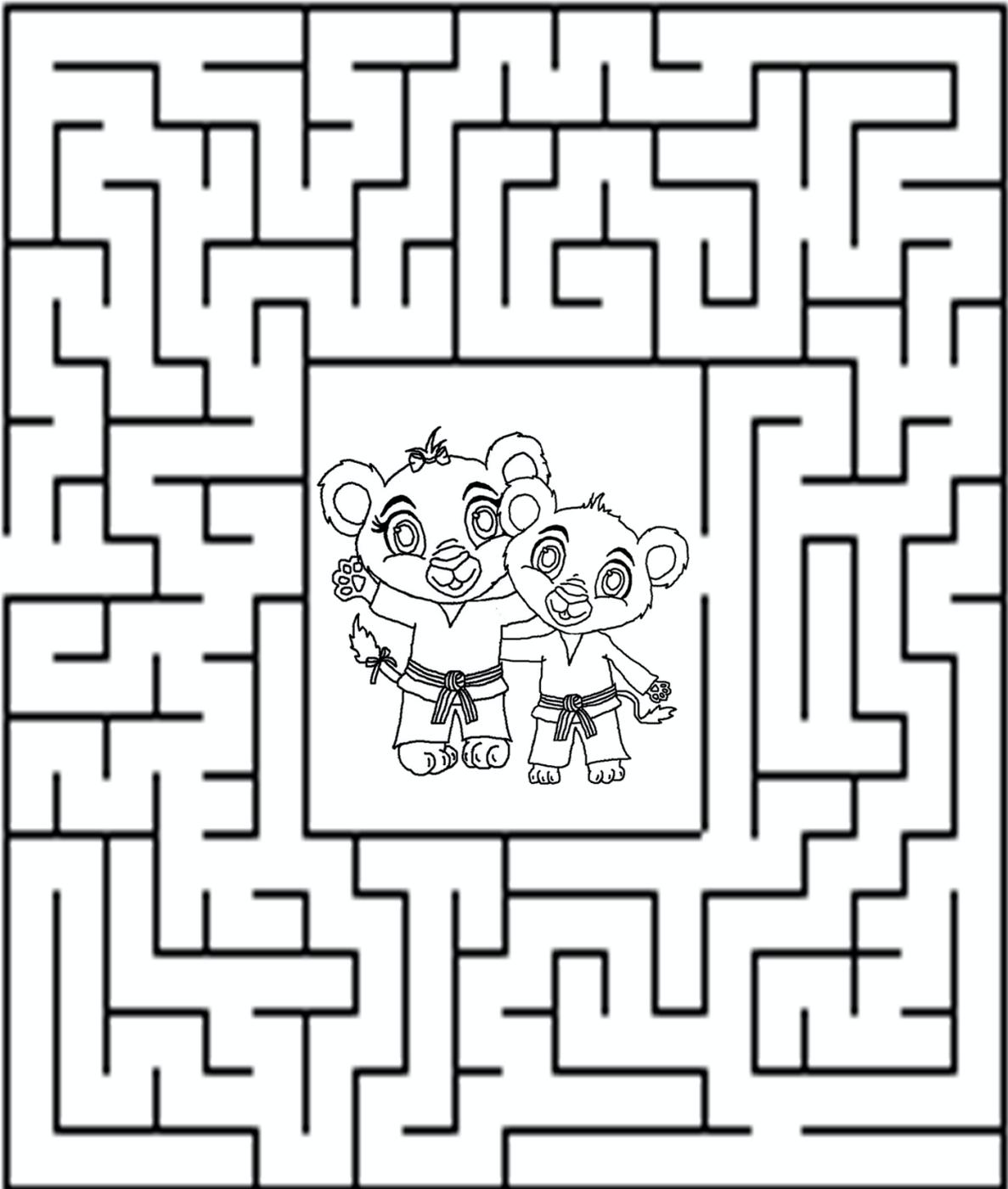
Which one is the hardest to remember?

Which tenets do you think you are really good at?

Don't forget to show your answers to your Taekwon-Do instructor. We love reading our students' work.

ESCAPE!

Leah and Leo are trapped in the maze! Can you help them escape? Don't forget to colour in the young lions too.



FOCUS TESTS - TRAIN AT HOME



White Belts: Listening Position

You will need to be able to sit in this position for 30 seconds, without talking or moving as part of your white belt test.

Good posture

Hands on knees

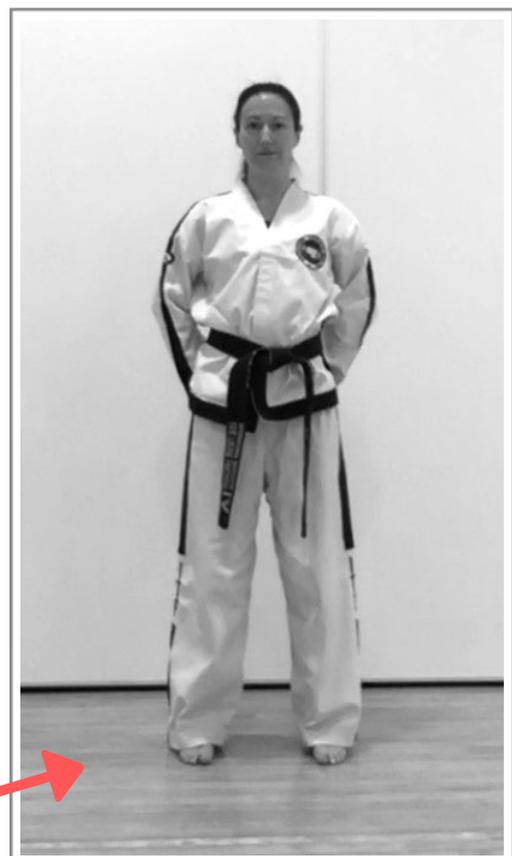
Legs crossed

Purple Stripes: Listening and Resting Position

Purple stripes should be able to sit in the listening position for 30 seconds and then move into the resting position and hold it for a further 30 seconds. Remember not to move about. Stay focused!

Hands behind your back

Feet shoulder width and pointed forwards



FOCUS TESTS - TRAIN AT HOME



Red Stripes: Listening, Resting and Sparring Stance

Now it's starting to get difficult! For your red stripe grading you will need to hold the listening position for 30 seconds, then hold the resting position for 30 seconds and then stand in sparring stance for another 30 seconds.

Close your hands into fists and bring them up in front of your face

Step back with one leg, keep your knees relaxed.

Orange Stripes: Listening, Resting, Sparring and Stretching Position

After holding all the other positions for 30 seconds each you will need to demonstrate the stretching position for the final 30 seconds. Your legs will need to be straight and as wide apart as you can go.

Remember not to make any noise and try to keep good balance. You can fold your arms or place your hands on the floor.



BALANCE TESTS - TRAIN AT HOME

At each of the belt levels, you will be expected to display excellent balance. Each of the four levels is slightly more difficult. When practicing at home make sure that your parents are there to watch you and that you have plenty of space with nothing around you to bump into or fall over.

White belt: Front snap kick chamber

Hands stay in a guard



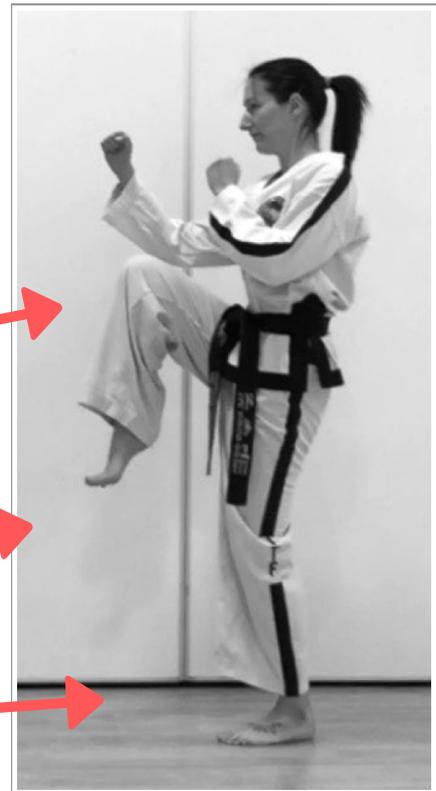
Pull your knee up nice and high (higher than your belly button).



Point your foot and pull your toes back



Make sure that your standing foot points straight forward



If you find it hard to keep your balance try staring at a spot on the wall in front of you and breathing slowly.



BALANCE TESTS - TRAIN AT HOME

Purple stripe: Side piercing kick chamber

Hands stay in a guard



Lift your ankle up so that it is as high as your knee



Pull your toes and foot back as far as you can. (No floppy feet!)



Twist your standing foot so that it points backwards



Red stripe: Hop in side piercing kick chamber

Keep your guard up and hop forwards with your leg in the same position.

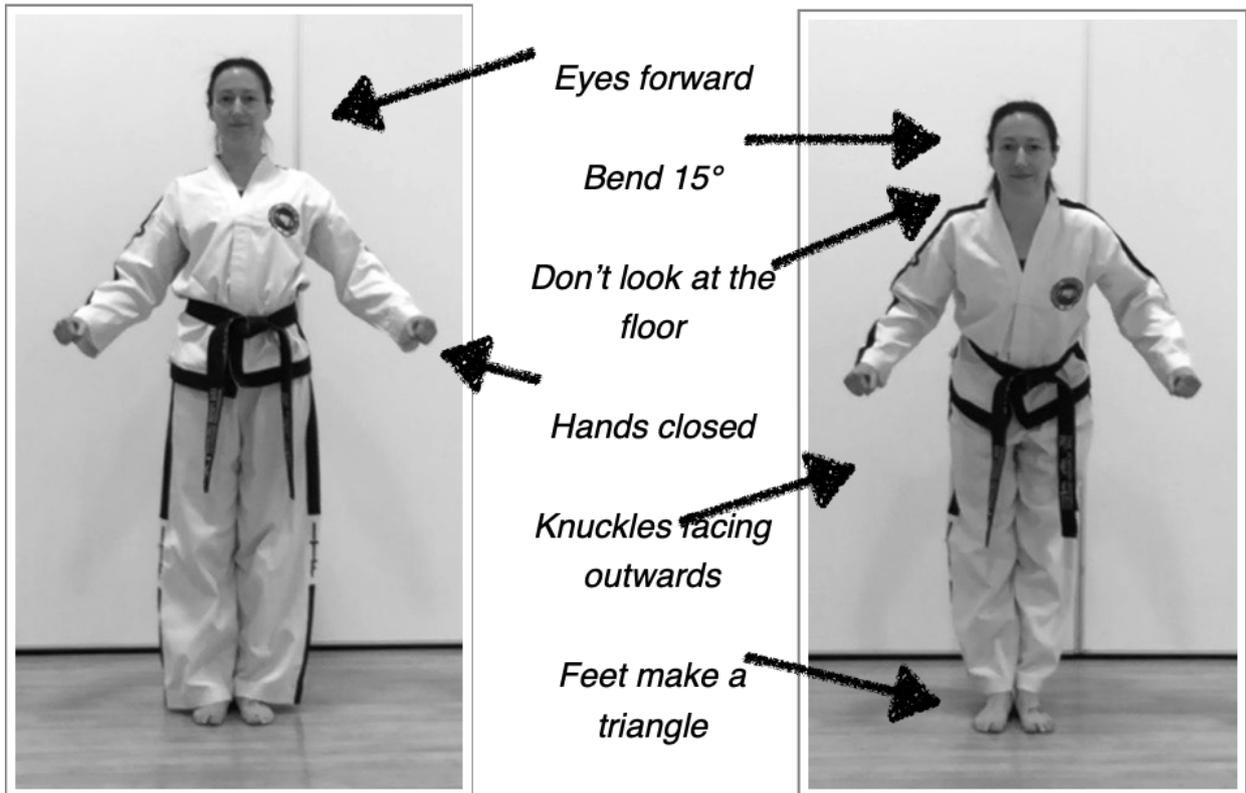
HINT! Lots of tiny hops are better than a few big hops. It's not a race.

Orange stripe: Shifting side kicks

Just like before, but this time kick on every hop. Kick quickly but use tiny hops. It's better to fit in ten kicks than only three or four.

WHITE BELT TO PURPLE STRIPE

Attention stance and bow



How to make a fist



How to make a fist

Curl your fingers in as tightly as you can, then tuck your thumb over the fingers. Never put your thumb on the inside of the fist.

PARALLEL STANCE



Punches

Feet are shoulder width and points straight forward.

High punches are eye height.

Middle punches are shoulder height.

Low punches are waist height.

Punch to the centre line.
The opposite hand comes to the hip.



Rising block

Starting Position - Cross your forearms in front of your chest.

Make sure the backs of the arms are touching each other.

Your blocking hand should be on top of your reaction hand.



Rising block

Blocking Position - The hand of your blocking arm should be higher than your elbow. Make sure that your outer forearm is on the centre line.

Pull your reaction hand back to your hip.

WALKING STANCE



Middle block

Use a GIANT step. Front leg is bent, back leg is straight and toes point forward.

Starting Position - Cross your forearms in front of your chest 'knuckles up.'

Blocking Position - The hand of your blocking arm should be the same height as your shoulder. Pull your reaction hand back to your hip.



Rising kick

Starting in walking ready stance, use your back leg to kick up in a straight line.

Kick as high as you can without bending your leg or losing balance.

Bring your hands to a guard during the kick.

Return to walking ready stance after each kick.



Crescent kick

You can bend your kicking leg slightly during this kick. Kick

away from your body at first, then circle your leg all the way back to where it started.

Your toes should point up to the ceiling.

Start and finish in walking ready stance.

WHITE BELT TO PURPLE STRIPE GRADING QUESTIONS

You will be asked these questions on your first grading.

Question 1...

What country does Taekwon-Do come from?

Answer...

Taekwon-Do comes from Korea.

Question 2...

How do you make a fist?

Answer...

Curl your fingers in tightly then wrap your thumb on the outside.

Question 3...

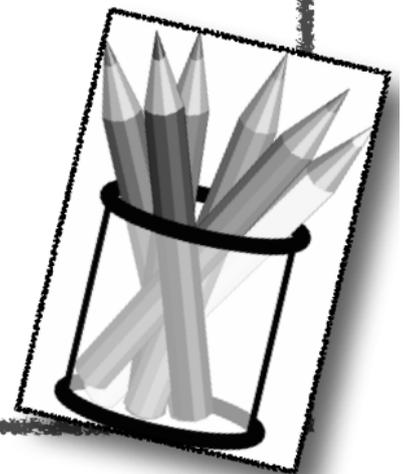
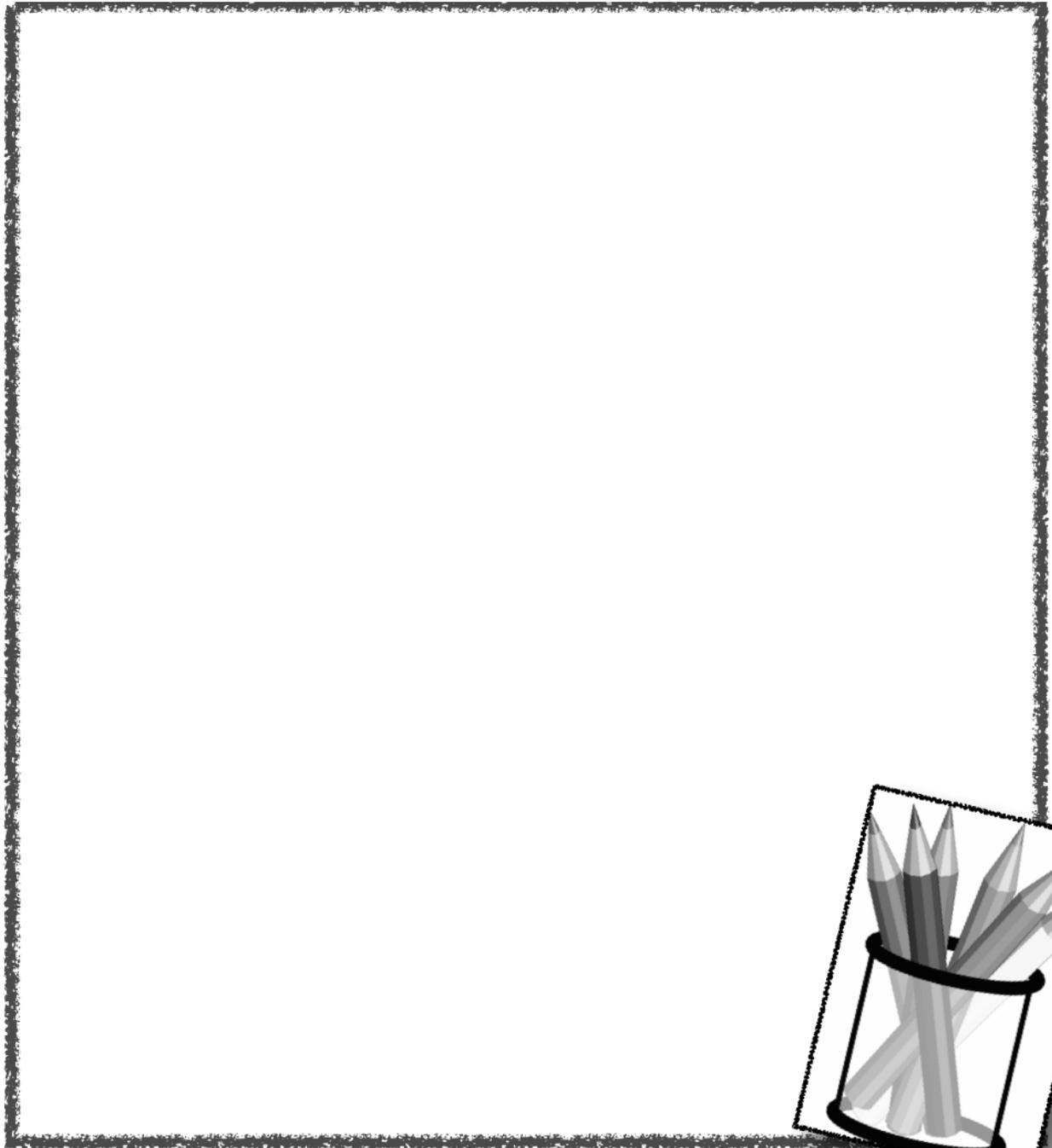
What is your favourite Taekwon-Do technique?

Answer...

Everyone's answer can be different. Why don't you draw a picture of yourself on the next page doing your favourite technique?

Don't forget to write down the name of the technique and remember to show the picture to your Taekwon-Do instructor. We love seeing our students' artwork.

My favourite taekwon-do
technique is...



PURPLE STRIPE TO RED STRIPE

NEW WORDS TO LEARN...



*'We wear our
doboks in the
dojang while we
chagi, jirugi and
makgi'*

A Taekwon-Do uniform is called a **dobok**
A Taekwon-Do training hall is called a **dojang**

The Korean word for kick is **chagi**
The Korean word for block is **makgi**
The Korean word for punch is **jirugi**

What do you like to practice the most? Chagi, makgi or jirugi?

Why?

PURPLE STRIPE TO RED STRIPE

NEW WORDS TO LEARN...

Kick

Block

Punch

Uniform

Training Hall

Attention Stance

Bow

One

Ten

Dobok

Charyott

Hana

Makgi

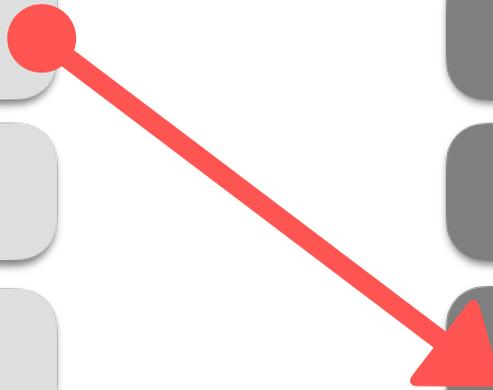
Kyong Gae

Yul

Chagi

Dojang

Jirugi



PURPLE STRIPE TO RED STRIPE SITTING STANCE



Punches

Step your feet wide apart.

Bend your knees and push them outwards

During high, middle and low punches, your feet point forward and stay flat on the floor. Don't rise onto your tiptoes like in a parallel stance. Instead, bend your knees to move up and down.

Palm pushing block

This is very similar to middle punch with two important differences.

- Open your blocking hand
- Block to the shoulder line

Don't forget to keep your reaction hand closed



WALKING STANCE



Low block

Starting Position - Cross your forearms in front of your chest. Make sure that the backs of the arms are touching each other.

Your blocking hand should be on top of your reaction hand. (Just like rising block)

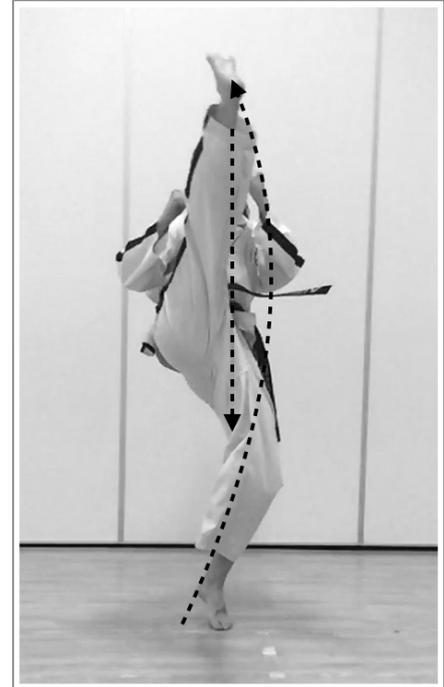
Blocking position - The hand of your blocking arm should end up about 20cm away from your thigh. Your arm should be almost straight. Pull your reaction hand back to your hip.



Front snap kick

Starting in walking ready stance, use your back leg to kick forwards

Bend your kicking leg and bring your knee up nice and high. Kick straight forward, about waist height, and remember to pull your toes backwards (We don't like pointy toes!)



Downward kick

You can bend your kicking leg slightly on the way up but try to straighten it on the way down.

Kick a little way across your body to make a narrow arc, then bring the leg straight back down the middle.

Start and finish in walking ready stance.

PURPLE STRIPE TO RED STRIPE GRADING QUESTIONS

You will be asked these questions on your grading.

Question 1...

How do you count to 10 in Korean?

Answer...

Can you remember? Don't worry, the answer is on page 6.

Question 2...

What is your uniform called?

Answer...

If you're not sure check page 22.

Question 3...

What is a Taekwon-Do training hall called?

Answer...

This is a tough one. The answer is on page 22 if you can't remember.

RED STRIPE TO ORANGE STRIPE

REVERSE PUNCH



Remember middle block and low block?

Now we have to learn middle block - reverse punch and low block - reverse punch.

Reverse punch doesn't mean punching while going backwards. It means punching with the opposite hand.

Step forward with your right leg to make a right walking stance. Use your right hand to perform a middle or low block. Now, keeping your feet where they are, use your left hand to punch. That's a reverse punch.

Now try stepping forwards with the left leg. You'll need to block with your left hand and then punch with your right hand.

RED STRIPE TO ORANGE STRIPE KICKS

Double front snap kick

This just like the front snap kick that you performed in your last test with one small change. This time, for every count you will perform two kicks instead of one and you can't put your leg down between kicks!



Jumping front snap kick

Start your Front Snap Kick as normal by driving your knee up past your belly button. Push off of your standing foot as hard as you can. Finish the kick when you are at the highest point of your jump. Remember to pull your toes back.

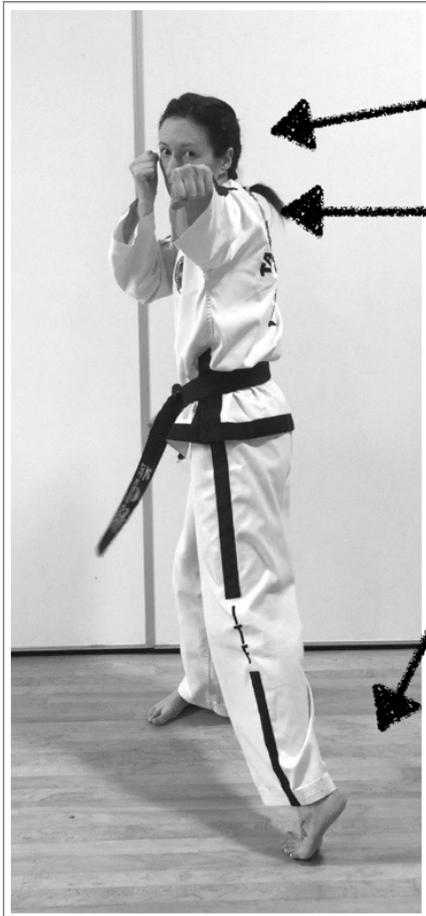
Black belt tip...

"The tricky part is landing back where you started. Jump as high as you can NOT as far forward as you can."

*Jumping kicks
are my
favourite.*



SPARRING HANDS



Guard hand stays up

Twist your shoulders

*Turn your **front** foot*

Step back with your right leg and bring your hands up into a guard. Slightly raise your heels off the floor.

Punch straight in front of you with your left hand (this is a jab). Keep your other hand on your cheekbones.

Twist your shoulders as you punch so that your left shoulder is further forward, and twist your front foot so that it points inwards.

Swap your hands over so that your right hand is punching but your right leg is still behind you (this is a cross).

This time push your right shoulder forward.

Let your front foot return to normal and turn your back foot so that it points inwards



Guard hand stays up

Twist your shoulders

*Turn your **back** foot*

RED STRIPE TO ORANGE STRIPE GRADING QUESTIONS

You will be asked these questions on your grading.

Question 1...

What is the Korean word for punch?

Answer...

It starts with a 'J'. Can you remember? Check page 22 if you are stuck.

Question 2...

What is the Korean word for block?

Answer...

I'll give you a clue. It rhymes with 'tacky'. If you're not sure have a look at page 22.

Question 3...

What is the Korean word for kick?

Answer...

I bet you know this one. It starts with a 'C'. Go to page 22 if you are stumped.

ORANGE STRIPE TO YELLOW STRIPE

L STANCE

L stance middle block

Now that your middle block looks amazing, let's try it in a new stance.

L stance is called L stance because our back toes stick out to the side so that our feet make the shape of a letter L.

Bend your back knee until your knee is over your toes and it feels like your back leg is carrying most of your weight (70% to be exact).



ORANGE STRIPE TO YELLOW STRIPE

L STANCE

L stance guarding block

This can be a tricky one but it will help you a lot with the Taekwon-Do kicking combinations you'll have to practice as a yellow stripe.



Starting position:

Bring your blocking hand in front of the opposite shoulder with your knuckles facing away from you. Your reaction hand should be higher with the elbow about shoulder height.



Blocking position:

The front hand is shoulder height with knuckles facing you. The reaction hand is in front of the chest with knuckles pointing down. The reaction hand should be tucked in close to the chest (3cm to be exact).

SPARRING HANDS AND HEAD BLOCKS

Your 'sparring hands' should be looking pretty good now. It's time to add in head blocks. Head blocks are used to defend yourself from punches or kicks aimed to the side of your face. Throw your jabs and crosses as normal, then every now and again imagine someone is aiming a kick towards your head. Cover up with the head block.

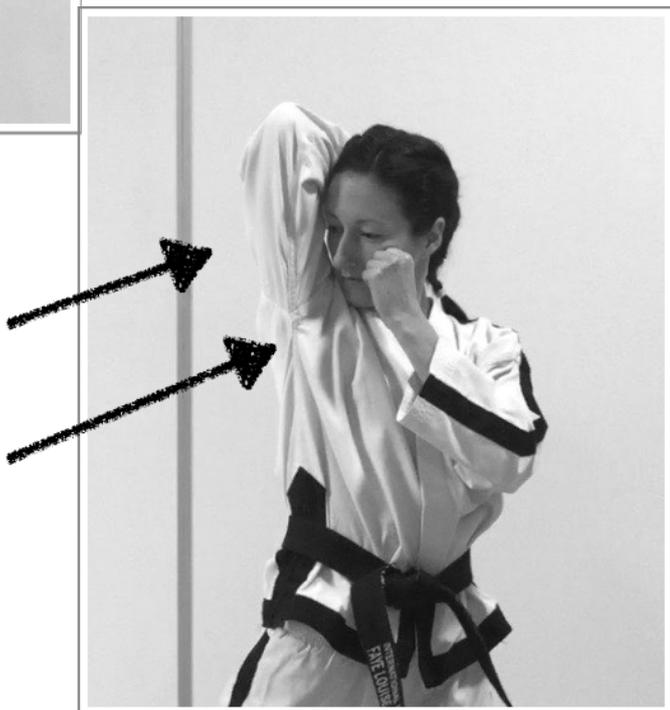


Blocking elbow points to the ceiling

Don't leave a gap between your arm and your head

Tuck your chin down

Keep your guard hand up high



KICKS



Side piercing kick

1. Pull your knee and ankle up high. Turn the standing foot.
2. Kick to the side. Pull your toes back as far as you can. Punch at the same time to keep your shoulders from dipping.
3. Bring your leg back into the chamber before lowering your leg to the floor.



Side rising kick

1. Shift your weight to one leg and bring your hands to a guard.
2. Swing your leg to the side. Kick as high as you can. Your leg should be straight and your heel should be slightly higher than your toes.

Saju Jirugi

Ready posture: Parallel ready stance (Narani jumbi so)

1. To the front. Right walking stance. Right punch.
2. Turn 90° left. Left walking stance. Left low block.
3. Step forward. Right walking stance. Right punch.
4. Turn 90° left. Left walking stance. Left low block.
5. Step forward. Right walking stance. Right punch.
6. Turn 90° left. Left walking stance. Left low block.
7. Step forward. Right walking stance. Right punch.
8. Return to ready posture.
9. To the front. Left walking stance. Left punch.
10. Turn 90° right. Right walking stance. Right low block.
11. Step forward. Left walking stance. Left punch.
12. Turn 90° right. Right walking stance. Right low block.
13. Step forward. Left walking stance. Left punch.
14. Turn 90° right. Right walking stance. Right low block.
15. Step forward. Left walking stance. Left punch.

HINT - During the first half of the pattern, keep the left foot on the floor at all times. You can pivot it during the turns, but it should remain in the same place. During the second half, do the same thing with the right foot.

HINT - Take your time! Those who rush tend to either miss out the starting positions or don't finish their stances correctly. This results in low marks.

ORANGE STRIPE TO YELLOW STRIPE GRADING QUESTIONS

You will be asked these questions on your grading.

Question 1...

What are the Tenets of Taekwon-Do?

Answer...

Hopefully, you have learned all 5 off by heart. If not, they are listed on pages 7-11

Question 2...

What does Saju Jirugi mean?

Answer...

Saju Jirugi is a sequence of moves that we practice in class. Saju means Four 'Directional' and Jirugi means 'Punch'.

I'M A YELLOW STRIPE!

NOW WHAT?

Amazing news. You made it all the way to yellow stripe. You've passed 4 gradings now. You will have found some exercises easy and will have found some very difficult. Did you use perseverance to overcome the difficult tasks?

Now that you are a yellow stripe you will be following the full taekwon-do syllabus. This means that you will be performing the same techniques as the older children and even the adults. You will learn new kicks and strikes, learn new patterns and even try some sparring.

Depending on your age you can continue to train in your current class, you don't need to move into an older class just because you are practicing for your yellow belt.

Congratulations on being a fantastic student. A black belt is just a white belt who never gave up. Keep training hard and you will be a black belt one day.

