

# United TaeKwon-Do Little Kicks Program





## Little Kicks Syllabus

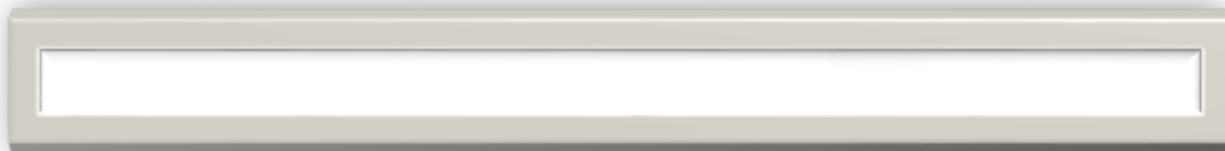
### Introduction

The Little Kick syllabus is the 10<sup>th</sup> Gup syllabus but spread over five gradings instead of one. The 10<sup>th</sup> Gup syllabus is essential to the Taekwon-Do practitioner as it contains the basic principles of Taekwon-Do technique that all future grades build upon. Collectively the 10<sup>th</sup> Gup syllabus may overwhelm younger students; the jump from zero to one is always larger than from one to two. The purpose of the Little Kicks program is to begin to break up the 10<sup>th</sup> Gup syllabus into smaller, more manageable chunks.

The Little Kicks ranks are as follows:

- Firstly the white belt with no stripe.
- After the first successful grading a single green stripe is added to the white belt and a new syllabus is added to the student's requirements for the next grading.
- The next level is the blue stripe, which is added to the belt below the green stripe.
- Next is the red stripe, which is added to the belt below the blue stripe.
- The black stripe is the last stripe that is added before the student progresses to the 9<sup>th</sup> Gup syllabus (two yellow stripes).
- Finally the full 9<sup>th</sup> Gup grade where the yellow stripe is added to both ends of the belt.

Each grade has several sections to cover: Stance, Strikes, Blocks, Fundamental Movement and Theory.



## White Belt Syllabus – for promotion to Green Stripe.

### Stance

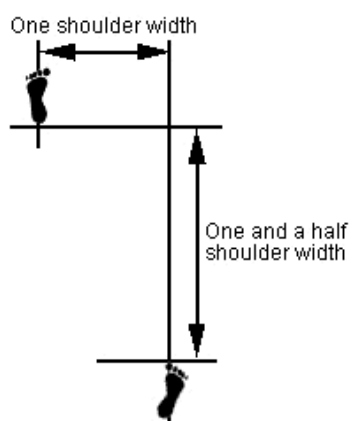
Attention Stance (*Charyot Sogi*)



Parallel Stance (*Narani Sogi*)



Walking Stance (*Gunnun Sogi*)



### Strikes

From a walking stance, fore-fist middle front punch.

### Blocks

From a walking stance, forearm low block.

### Fundamental movements

Stepping forwards and backwards while executing the strikes and blocks listed above. The student demonstrates the forearm crossing for the forearm low block (knuckle to knuckle, blocking arm on top, arms travelling the same distance from crossing to finish). The reaction hand is pulled back to the hip.

### Theory

Etiquette:

The student knows how to:

- Tie their belt correctly
- Bow correctly
- Shake hands correctly
- How to form up at the start and end of class
- The student knows to respond to instruction with a 'yes sir/ma'am'

Understanding Instructor commands:

Attention – Charyot

Bow – Kyong Ye

Start – Si Jak

Ready – Junbi

## Green Stripe Challenge

|   |   |   |   |   |   |
|---|---|---|---|---|---|
| A | A | P | M | E | B |
| H | U | F | N | U | I |
| O | A | D | O | O | L |
| P | K | N | E | T | G |
| X | O | J | A | Y | O |
| B | A | T | E | S | P |

HANA

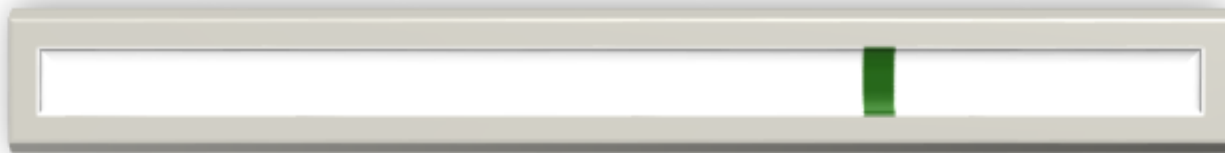
DOOL

SET

NET

ILGOP

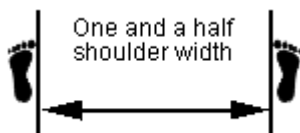
AHOP



## **Green Stripe Syllabus – for promotion to Blue Stripe.**

### Stance

Sitting Stance (*Annun Sogi*)



### Strikes

From a sitting stance, fore-fist front punch (low, middle or high).

From a walking stance, front rising kick.

### Blocks

No new syllabus

### Fundamental movements

Sitting stance punching exercises:

Holding the sitting stance and executing punches at the instructors count.

Double and triple punches.

Kihap while punching.

Exercises for beginning to learn Four Directional Punch:

Stepping with the rear leg and pivoting on the front leg to turn 90 degrees while performing a forearm low block.

Stepping forward with fore-fist middle punches.

## Theory

Height and vital spots:

The student understands the height for the low, middle and high punches.

High - eye height

Middle - shoulder height

Low - umbilicus (belly button) height

The student understands the application of each height and where is the vital spot that is being attacked. The student imagines that they strike the vital spots of an opponent that is the same height as them but is standing upright rather than standing in a stance like they are:

High – the nose, or the philtrum.

Middle – the solar plexus.

Low – the groin of a standing opponent or the nose of a kneeling opponent.

Understanding Instructor Commands:

At ease – Swiyo (pronounced shaa)

Return – Baro

Stop – Guman

Yell – Kihap

Korean terminology:

High – Nopunde

Middle – Kaunde

Low – Najunde



## Blue Stripe Challenge

|   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|
| O | R | A | B | Y | C | M |
| Z | X | P | O | Y | D | F |
| T | S | D | O | A | O | A |
| U | U | A | V | W | Q | L |
| L | P | S | I | J | A | K |
| W | Y | O | S | O | T | B |
| R | P | T | A | D | O | Y |

YODUL

DASOT

YOL

YOSOT

SI JAK

TUL

BARO



## **Blue Stripe Syllabus – for promotion to Red Stripe**

### Stance

No new syllabus.

### Strikes

From parallel stance, side rising kick.

### Blocks

From a walking stance, knifehand low block.

### Fundamental Movement

Four Directional Punch (Saju Jirugi) both sides, in own time.

## Theory

Attacking and blocking tools:

Student is able to demonstrate how to form a fore-fist as an attacking tool, the forearm as a blocking tool and the knifehand as an attacking/blocking tool.

Low block application:

The student understands the application of the forearm and knifehand low block as a defence against kicks and low punches. They can point out the vital spot on the leg and arm that is being attacked when they block.

Master of stance: the legs.

The student can demonstrate the walking stance:

The width and length (one shoulder width wide, one and a half shoulder widths long).

The angle of the feet.

The bend in the front leg and the locked knee of the back leg (the front leg bends so that the knee is over the heel).

Counting in Korean:

- |          |          |          |
|----------|----------|----------|
| 1. Hana  | 2. Dool  | 3. Set   |
| 4. Net   | 5. Dasot | 6. Yosot |
| 7. Ilgop | 8. Yodul | 9. Ahop  |
| 10. Yol  |          |          |

## Red Stripe Challenge

|   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|
| M | K | N | G | U | M | A | N |
| P | C | A | S | S | A | G | O |
| A | E | H | U | H | D | F | P |
| H | J | W | A | N | L | V | U |
| I | M | U | N | R | D | X | N |
| K | Y | O | N | G | Y | E | D |
| E | W | P | R | B | J | O | E |
| J | I | R | U | G | I | S | T |

GUMAN

CHARYOT

KYONG YE

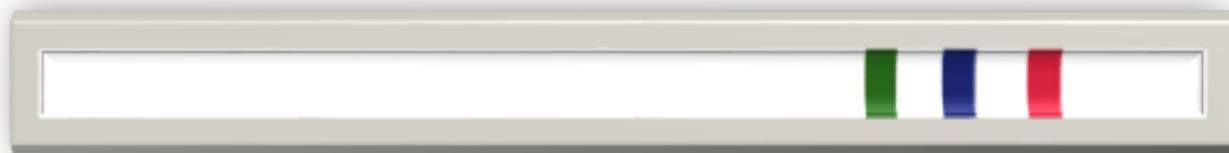
JUNBI

KIHAP

NOPUNDE

KAUNDE

JIRUGI



## **Red Stripe Syllabus – for promotion to Black Stripe.**

### Stance

No new syllabus.

### Strikes

From a walking stance, front snap kick - Middle and low.

### Blocks

From a walking stance, Inner forearm middle block.

### Fundamental Movement

Exercises for beginning to learn Four Directional Block:

Stepping with the rear leg and pivoting on the front leg to turn 90 degrees while performing a Knifehand low block.

Stepping forward with inner forearm middle blocks.

The student demonstrates the forearm crossing for an inner forearm middle block (knuckles facing up, blocking arm underneath, arms travelling the same distance from crossing to finish).

Kicking:

The student can execute front snap and front rising kicks from and returning to the walking stance without losing balance. The kicks are at the correct height and use the ball of the foot as an attacking tool.

## Theory

Master of stance: posture.

Student knows which movements are full facing and which movements are half facing. The punches covered so far are all full facing. The blocks covered so far are all half facing. The back is straight and the eyes are up.

Snap kick application:

The student understands the vital spots that the front snap kick is used against; for example, the groin, the knee and the shin.

Korean terminology:

Training uniform – Do Bok

Training Area – Do Jang

Meaning of White Belt:

White Signifies Innocence, as that of a beginning student who has no previous knowledge of Taekwon-Do.

## Black Stripe Challenge

|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| A | B | E | W | J | Q | D | U | S |
| C | P | A | L | M | T | O | A | E |
| P | A | L | K | U | P | J | G | D |
| S | U | S | W | I | U | A | U | N |
| W | J | O | D | M | F | N | N | U |
| I | Y | N | A | X | S | G | N | J |
| Y | S | K | O | B | O | D | U | A |
| O | G | A | M | R | E | P | N | N |
| I | D | L | P | A | L | M | O | K |

SAJU MAKGI

DO JANG

DO BOK

PALMOK

SONKAL

PALKUP

NAJUNDE

SWIYO

GUNNUN



## **Black Stripe Syllabus – for promotion to 9<sup>th</sup> Gup**

### Stance

No new syllabus

### Strikes

Turning kick.

### Blocks

No new syllabus.

### Fundamental Movements

Four Directional Block (Saju Makgi) both sides, in own time.

Bag work:

Can demonstrate punches, snap kicks and turning kicks with power.

Dynamic movement:

The student can show good technique while in motion. They can demonstrate sine wave and rotation of the hip and shoulder in the direction of the technique.

The student oath:

I shall observe the tenets of Taekwon-Do  
I shall respect the instructor and seniors  
I shall never misuse Taekwon-Do  
I shall be a champion of freedom and justice  
I shall build a more peaceful world



## Theory

The Founder of Taekwon-Do:

General Choi Hong Hi.

9th Dan Black Belt.

Born 1918, died 2002.

President of ITF:

The founders' son, Grand Master Choi Jung Hwa.

9th Dan Black Belt.

Tenets of Taekwon-Do:

Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit

The student can give an example of what each tenet means.

Some examples:

**Courtesy** – letting senior students enter and exit the Do Jang first. Standing at attention when called upon. Saying sir and ma'am. Bowing and shaking your partner's hand. Helping to pack away the gear at the end of training.

**Integrity** – Not cheating on your theory test. Taking your turn at being the bag holder. Wearing your Do Bok and belt to class. Not slacking off when the instructor is looking away.

**Perseverance** – Not giving up during an exercise. Practicing a technique until you get it right.

**Self Control** – Not hurting others in sparring. Not getting mad at your partner. Focusing on your movements instead of day dreaming.

**Indomitable Spirit** – Always putting maximum effort into your techniques. Not being a bully. Standing up for others.

# Masters Challenge

The last word search challenge list has all the questions in English but you have to find out the answer in Korean in the puzzle!!!.....are you a real Master?

For a bonus....see if you can find the scary person!!!

|   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|
| C | A | D | S | D | A | S | O | T | S |
| O | H | N | X | S | D | I | F | Z | A |
| F | J | O | M | A | K | G | I | O | J |
| D | U | P | I | P | U | A | Z | M | U |
| O | N | U | C | H | A | H | J | B | J |
| B | B | N | L | E | O | C | K | I | I |
| O | I | D | A | S | M | N | V | E | R |
| K | Y | E | Q | Y | P | X | G | E | U |
| A | C | H | A | R | Y | O | T | H | G |
| O | E | Y | G | N | O | Y | K | R | I |

FOUNDER OF TAEKWONDO

KICK

FOUR DIRECTIONAL PUNCH

FIVE

TRAINING UNIFORM

BLOCK

HIGH

BOW

ATTENTION

READY

Colouring in: Colouring the belts in order of rank, or who enters first in the Do Jang.

