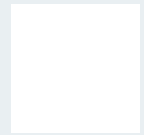


**COMPLETE**

**TRAINING MODULE 1: TRADITIONAL TAEKWONDO**

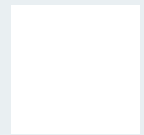
DEMONSTRATE ALL MOVEMENTS OF THE BELOW  
PATTERN IN CORRECT ORDER WITH CORRECT  
TECHNIQUE



**TAEGEUK 2**

**TRAINING MODULE 2: KICKING LEVEL 1**

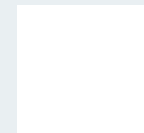
DEMONSTRATE THE BELOW KICKS WITH CORRECT  
TECHNIQUE - AT LEAST 10 REPETITIONS PER LEG



**SKIP INSTEP KICK**

**TRAINING MODULE 3: KICKING LEVEL 2**

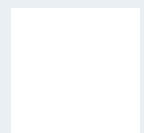
DEMONSTRATE THE BELOW KICKS WITH CORRECT  
TECHNIQUE - AT LEAST 10 REPETITIONS PER LEG



**AXE KICK**

**TRAINING MODULE 4: BOXING LEVEL 1**

DEMONSTRATE THE BELOW BOXING DRILLS WITH  
CORRECT TECHNIQUE - AT LEAST 10  
REPETITIONS PER SIDE



**BOXING DRILLS 1-3**

**TRAINING MODULE 5: BOXING LEVEL 2**

**COMPLETE**

DEMONSTRATE THE BELOW BOXING DRILLS WITH  
CORRECT TECHNIQUE - AT LEAST 10  
REPETITIONS PER SIDE

**BOXING DRILLS 1-3 WITH COVERS**

**TRAINING MODULE 6: STRETCHING AND FLEXIBILITY**

DEMONSTRATE CORRECT STRETCHING  
TECHNIQUE AND IMPROVED FLEXIBILITY

**SITTING SPLIT POSITION AS WIDE AS YOU CAN:  
STRETCH FORWARD, SIDE TO SIDE WITH CORRECT TECHNIQUE**

**TRAINING MODULE 7: STRENGTH AND CONDITIONING**

DEMONSTRATE THIS AMOUNT OF PUSH UPS, SIT  
UPS AND SQUATS WITH CORRECT TECHNIQUE

**TEN**

**TRAINING MODULE 8: TERMINOLOGY & PHILOSOPHY**

NAME THESE TECHNIQUES IN KOREAN

**BODY BLOCK  
HIGH BLOCK**

## COMPLETING MODULES

### PRACTISE

USE THE INSTRUCTIONAL VIDEOS AND TRAINING PLAN TO PRACTISE THE TRAINING MODULE (AT LEAST 2-3 TIMES PER WEEK)

### UPLOAD

ONCE YOU CAN DEMONSTRATE THE TRAINING MODULE, VIDEO IT AND UPLOAD IT TO OUR SITE

### CERTIFICATE OF COMPLETION

IF YOU CAN DEMONSTRATE THE MODULE CORRECTLY YOU WILL RECEIVE A DIGITAL CERTIFICATE OF COMPLETION AND YOU CAN TICK COMPLETED ON YOUR SYLLABUS CARD

### VIRTUAL GRADING

ONCE YOU HAVE DEMONSTRATED ALL 8 MODULES YOU WILL HAVE ACHIEVED A VIRTUAL GRADING AND WILL BE PROMOTED TO YOUR NEW RANK

### MOVE ON TO NEXT LEVEL