

COMPLETE

TRAINING MODULE 1: TRADITIONAL TAEKWONDO

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

TAEGEUK 7

TRAINING MODULE 2: KICKING LEVEL 1

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

**JUMP REVERSE INSTEP, LOW - HIGH TURNING
KICK AND HOOK-TURNING KICK**

TRAINING MODULE 3: KICKING LEVEL 2

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

AXE KICK, SIDE KICK AND JUMPING BACK KICK

TRAINING MODULE 4: BOXING LEVEL 1

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

BOXING DRILLS 1-10

TRAINING MODULE 5: BOXING LEVEL 2

COMPLETE

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

BOXING DRILLS 1-10 WITH SLIPS

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

TWENTY

TRAINING MODULE 8: TERMINOLOGY & PHILOSOPHY

NAME THESE TECHNIQUES IN KOREAN

**KICKS: SIDE, BACK AND TURNING
BLOCKS: LOW, BODY AND HIGH
STANCES: LONG, SHORT AND BACK
NUMBERS: COUNT 1 -10**

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