

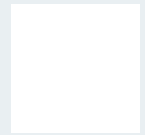


**COMPLETE**

## TRAINING MODULE 1: TRADITIONAL TAEKWONDO

DEMONSTRATE BELOW SEQUENCE IN CORRECT ORDER WITH CORRECT TECHNIQUE

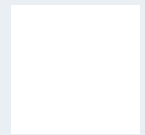
**HORSE RIDING STANCE SINGLE PUNCH - 10 TIMES**  
**HORSE RIDING STANCE DOUBLE PUNCH - 10 TIMES**  
**GUARDING BLOCK CHANGE FORM - 10 TIMES**



## TRAINING MODULE 2: KICKING LEVEL 1

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

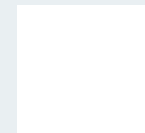
**INSTEP KICK (BANDEL CHAGI)**



## TRAINING MODULE 3: KICKING LEVEL 2

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

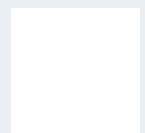
**JUMPING FRONT KICK (DIO AP CHAGI)**



## TRAINING MODULE 4: BOXING LEVEL 1

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

**DOUBLE JAB CROSS**





## TRAINING MODULE 5: BOXING LEVEL 2

**COMPLETE**

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

### **JAB CROSS HIGH BLOCK**

## 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

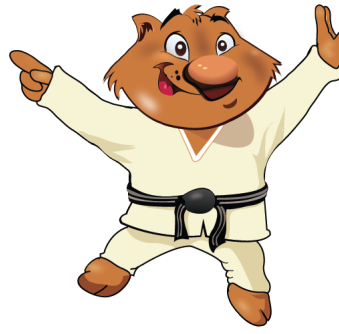
DEMONSTRATE THIS AMOUNT OF PUSH UPS, SIT  
UPS AND SQUATS WITH CORRECT TECHNIQUE

**FIVE**

## TRAINING MODULE 8: TERMINOLOGY & PHILOSOPHY

LEARN THESE LIFE RULES BY HEART

**LIFE RULE 1      LIFE RULE 4**  
**LIFE RULE 2**  
**LIFE RULE 3**



## 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