

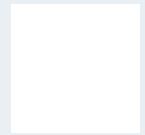


COMPLETE

TRAINING MODULE 1: TRADITIONAL TAEKWONDO

DEMONSTRATE BELOW SEQUENCE IN CORRECT ORDER WITH CORRECT TECHNIQUE

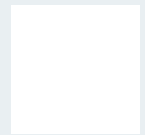
HORSE RIDING STANCE SINGLE PUNCH - 10 TIMES
HORSE RIDING STANCE DOUBLE PUNCH - 10 TIMES
GUARDING BLOCK CHANGE FORM - 10 TIMES



TRAINING MODULE 2: KICKING LEVEL 1

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

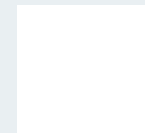
AXE KICK (NARYO CHAGI)



TRAINING MODULE 3: KICKING LEVEL 2

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

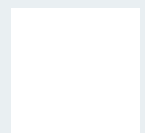
SKIP INSTEP



TRAINING MODULE 4: BOXING LEVEL 1

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

JAB CROSS WEAVE



Dojang Online

PHYSICAL ACTIVITY. MENTAL STIMULATION.
REGULAR ROUTINE.



SYLLABUS CARD
TAEKWONDO

WHITE BELT - 10TH GUP

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

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 7

LIFE RULE 2

LIFE RULE 5.

LIFE RULE 8

LIFE RULE 3

LIFE RULE 6



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