

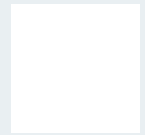


COMPLETE

TRAINING MODULE 1: TRADITIONAL TAEKWONDO

DEMONSTRATE BELOW SEQUENCE IN CORRECT ORDER WITH CORRECT TECHNIQUE

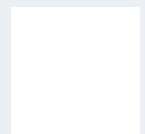
HORSE RIDING STANCE SINGLE PUNCH - 10 TIMES
HORSE RIDING STANCE DOUBLE PUNCH - 10 TIMES
GUARDING BLOCK CHANGE FORM - 10 TIMES



TRAINING MODULE 2: KICKING LEVEL 1

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

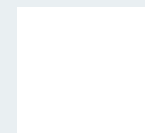
INSTEP KICK (BANDEL CHAGI)



TRAINING MODULE 3: KICKING LEVEL 2

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

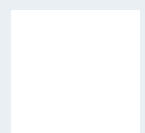
JUMPING FRONT KICK (DIO AP CHAGI)



TRAINING MODULE 4: BOXING LEVEL 1

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

DOUBLE JAB CROSS



Dojang Online

PHYSICAL ACTIVITY. MENTAL STIMULATION.
REGULAR ROUTINE.



SYLLABUS CARD
TAEKWONDO

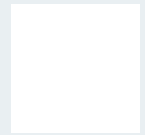
WHITE BELT - 10TH GUP

TRAINING MODULE 5: BOXING LEVEL 2

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

JAB CROSS HIGH BLOCK

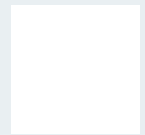
COMPLETE



TRAINING MODULE 6: STRETCHING AND FLEXIBILITY

DEMONSTRATE CORRECT STRETCHING
TECHNIQUE AND IMPROVED FLEXIBILITY

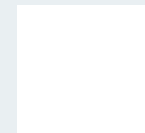
**SITTING SPLIT POSITION AS WIDE AS YOU CAN:
STRETCH FORWARD, SIDE TO SIDE WITH CORRECT TECHNIQUE**



TRAINING MODULE 7: STRENGTH AND CONDITIONING

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

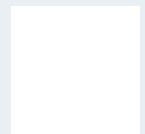
FIVE



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 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

CERTIFICATES 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

EARN A DIGITAL GREEN STRIPE

ONCE YOU HAVE DEMONSTRATED ALL 8 MODULES YOU WILL HAVE ACHIEVED A DIGITAL GREEN STRIPE AND QUALIFIED FOR YOUR GRADING