

COMPLETE

TRAINING MODULE 1: TRADITIONAL TAEKWONDO

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

TAEGEUK 1

TRAINING MODULE 2: KICKING LEVEL 1

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

INSTEP KICK

TRAINING MODULE 3: KICKING LEVEL 2

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

JUMPING FRONT 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: SELF DEFENCE

DEMONSTRATE THE BELOW SELF DEFENCE TECHNIQUES

**ARM LOCK FROM FRONT GRAB
ROLLING WRIST LOCK FROM FRONT GRAB**

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