

TRAINING MODULE 1: TRADITIONAL TAEKWONDO

COMPLETE

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

TAEGEUK 4

TRAINING MODULE 2: KICKING LEVEL 1

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

JUMP REVERSE INSTEP KICK

TRAINING MODULE 3: KICKING LEVEL 2

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

SIDE KICK AND DOUBLE TURNING KICK

TRAINING MODULE 4: BOXING LEVEL 1

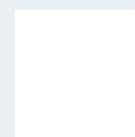
DEMONSTRATE THE BELOW BOXING DRILLS WITH CORRECT TECHNIQUE - AT LEAST 10 REPETITIONS PER SIDE

BOXING DRILLS 1-5

TRAINING MODULE 5: BOXING LEVEL 2

COMPLETE

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

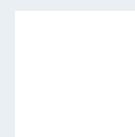


BOXING DRILLS 1-5 WITH WEAVES

TRAINING MODULE 6: STRETCHING AND FLEXIBILITY

DEMONSTRATE CORRECT STRETCHING TECHNIQUE AND IMPROVED FLEXIBILITY

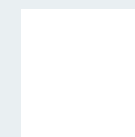
**SITTING SPLIT POSITION AS WIDE AS YOU CAN:
STRETCH FORWARD, SIDE TO SIDE WITH CORRECT TECHNIQUE**



TRAINING MODULE 7: STRENGTH AND CONDITIONING

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

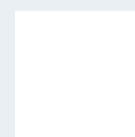
FIFTEEN



TRAINING MODULE 8: SELF DEFENCE

DEMONSTRATE THE BELOW SELF DEFENCE TECHNIQUES

**ARM LOCK FROM BACK GRAB
SWEEP FROM BACK GRAB**





PHYSICAL ACTIVITY. MENTAL STIMULATION.
REGULAR ROUTINE.

SYLLABUS CARD

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