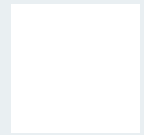


COMPLETE

TRAINING MODULE 1: TRADITIONAL TAEKWONDO

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

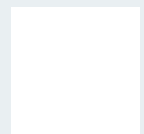
TAEGEUK 5



TRAINING MODULE 2: KICKING LEVEL 1

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

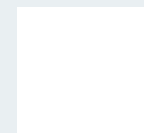
JUMP REVERSE INSTEP KICK AND SIDE KICK



TRAINING MODULE 3: KICKING LEVEL 2

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

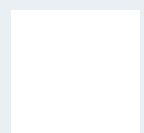
BACK KICK AND LOW-HIGH TURNING KICK



TRAINING MODULE 4: BOXING LEVEL 1

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

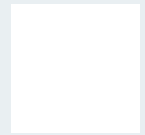
BOXING DRILLS 1-5



TRAINING MODULE 5: BOXING LEVEL 2

COMPLETE

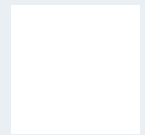
DEMONSTRATE THE BELOW BOXING DRILLS WITH
CORRECT TECHNIQUE - AT LEAST 10
REPETITIONS PER SIDE



BOXING DRILLS 1-5 WITH WEAVES

TRAINING MODULE 6: STRETCHING AND FLEXIBILITY

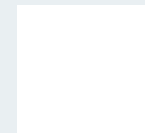
DEMONSTRATE CORRECT STRETCHING
TECHNIQUE AND IMPROVED FLEXIBILITY



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

TRAINING MODULE 7: STRENGTH AND CONDITIONING

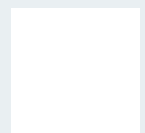
DEMONSTRATE THIS AMOUNT OF PUSH UPS, SIT
UPS AND SQUATS WITH CORRECT TECHNIQUE



FIFTEEN

TRAINING MODULE 8: SELF DEFENCE

DEMONSTRATE THE BELOW SELF DEFENCE
TECHNIQUES



PUSH DEFENCE

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