

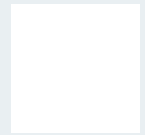


**COMPLETE**

**TRAINING MODULE 1: TRADITIONAL TAEKWONDO**

DEMONSTRATE BELOW SEQUENCE IN CORRECT ORDER WITH CORRECT TECHNIQUE

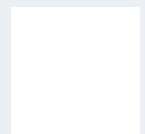
**HORSE RIDING STANCE SINGLE PUNCH - 10 TIMES**  
**HORSE RIDING STANCE DOUBLE PUNCH - 10 TIMES**  
**GUARDING BLOCK CHANGE FORM - 10 TIMES**



**TRAINING MODULE 2: KICKING LEVEL 1**

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

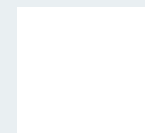
**FRONT KICK (AP CHAGI)**



**TRAINING MODULE 3: KICKING LEVEL 2**

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

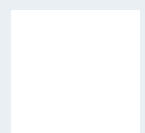
**PUSH KICK (MIRO CHAGI)**



**TRAINING MODULE 4: BOXING LEVEL 1**

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

**LEFT AND RIGHT PUNCH**

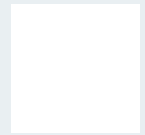




## TRAINING MODULE 5: BOXING LEVEL 2

**COMPLETE**

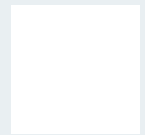
DEMONSTRATE THE BELOW BOXING DRILLS WITH  
CORRECT TECHNIQUE - AT LEAST 10  
REPETITIONS PER SIDE



### **JAB CROSS**

## TRAINING MODULE 6: STRETCHING AND FLEXIBILITY

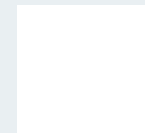
DEMONSTRATE CORRECT STRETCHING  
TECHNIQUE AND IMPROVED FLEXIBILITY



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

## TRAINING MODULE 7: STRENGTH AND CONDITIONING

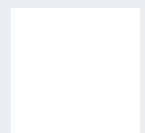
DEMONSTRATE THIS AMOUNT OF PUSH UPS, SIT  
UPS AND SQUATS WITH CORRECT TECHNIQUE



**FIVE**

## TRAINING MODULE 8: TERMINOLOGY & PHILOSOPHY

LEARN THESE LIFE RULES BY HEART



**LIFE RULE 1**  
**LIFE RULE 2**

## 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