

**COMPLETE**

**TRAINING MODULE 1: TRADITIONAL TAEKWONDO**

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

**TAEGEUK 8**

**TRAINING MODULE 2: KICKING LEVEL 1**

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

**JUMP REVERSE INSTEP KICK, LOW-HIGH TURNING KICK AND HOOK - TURNING KICK**

**TRAINING MODULE 3: KICKING LEVEL 2**

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

**SIDE KICK, JUMPING BACK KICK AND STEP UP JUMPING BACK KICK**

**TRAINING MODULE 4: BOXING LEVEL 1**

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

**BOXING DRILLS 1-10**

**TRAINING MODULE 5: BOXING LEVEL 2**

**COMPLETE**

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

**BOXING DRILLS 1-10 WITH SLIPS**

**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

**TWENTY**

**TRAINING MODULE 8: SELF DEFENCE**

DEMONSTRATE THE BELOW SELF DEFENCE  
TECHNIQUES

**PERFORM A LYING ARMBAR FROM ANY 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