

**COMPLETE**

**TRAINING MODULE 1: TRADITIONAL TAEKWONDO**

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

**TAEGEUK 2**

**TRAINING MODULE 2: KICKING LEVEL 1**

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

**SKIP INSTEP KICK**

**TRAINING MODULE 3: KICKING LEVEL 2**

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

**AXE KICK**

**TRAINING MODULE 4: BOXING LEVEL 1**

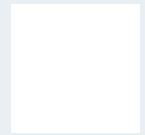
DEMONSTRATE THE BELOW BOXING DRILLS WITH  
CORRECT TECHNIQUE - AT LEAST 10  
REPETITIONS PER SIDE

**BOXING DRILLS 1-3**

**TRAINING MODULE 5: BOXING LEVEL 2**

**COMPLETE**

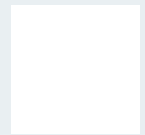
DEMONSTRATE THE BELOW BOXING DRILLS WITH CORRECT TECHNIQUE - AT LEAST 10 REPETITIONS PER SIDE



**BOXING DRILLS 1-3 WITH COVERS**

**TRAINING MODULE 6: STRETCHING AND FLEXIBILITY**

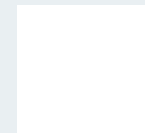
DEMONSTRATE CORRECT STRETCHING TECHNIQUE AND IMPROVED FLEXIBILITY



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

**TRAINING MODULE 7: STRENGTH AND CONDITIONING**

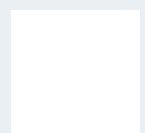
DEMONSTRATE THIS AMOUNT OF PUSH UPS, SIT UPS AND SQUATS WITH CORRECT TECHNIQUE



**TEN**

**TRAINING MODULE 8: SELF DEFENCE**

DEMONSTRATE THE BELOW SELF DEFENCE TECHNIQUES



**ARM LOCK FROM SHOULDER GRAB  
ROLLING WRIST LOCK FROM SHOULDER 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