



# WOODBRIDGE TAEKWON-DO INC.

UNDER THE LEADERSHIP OF MASTER CARIATI, 8TH DAN

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## LITTLE DRAGONS REQUIREMENTS

### Ages 3-6

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| <b>1. (White belt) Requirements<br/>for One Star ★</b>      | <ul style="list-style-type: none"><li>• Bow when entering and leaving the Do-Jang/ Training area.</li><li>• Say "Taekwon" when bowing to all Instructors.</li><li>• Say "Yes Sir" or "Yes Ma'am" to all black belts when answering a question or when spoken to.</li><li>• Attention stance and parallel ready stance.</li><li>• Name one of the Instructors.</li></ul>  |
| <b>Test Fee \$ 15.00</b>                                    | <ul style="list-style-type: none"><li>• Make a proper fist and execute a front punch in a stationery position.</li></ul>   |
| <b>2. (White belt) Requirements<br/>for Two Stars ★★</b>    | <ul style="list-style-type: none"><li>• Walking stance punch in a stationary position (left and right side).</li><li>• Walking stance punch left and right moving forward and backwards.</li><li>• Walking stance wedging block, moving forward and backwards.</li><li>• How to turn around from a walking stance and perform a walking stance wedging block.</li><li>• Walking stance wedging block and performing a front snap kick forward and turn around.</li><li>• Turn around and fix your Dobok/Uniform.</li></ul> |
| <b>Test Fee \$ 15.00</b>                                    |  |
| <b>3. (White belt) Requirements<br/>for Three Stars ★★★</b> | <ul style="list-style-type: none"><li>• Walking stance low block forward and backwards.</li><li>• Sitting stance wedging block performing a side kick with left and right leg.</li><li>• Sitting Stance wedging block performing a turning kick with left and right leg.</li><li>• Walking stance inner forearm guarding block forward and backwards.</li><li>• Three step sparring number 1.</li><li>• Who is the head Instructor of Woodbridge Taekwon-Do?</li></ul>   |
| <b>Test Fee \$ 15.00</b>                                    |  |

Once these levels have been completed, the student will be able to test for Yellow Stripe.

The stars will stay on the belt and the yellow stripe will be added below.