

Junior Tae Kwon Syllabus & Theory

Junior White Belt

Attention Bow
Identify Yourself
Ready Position
Sitting stance single punch
Middle punch walking forward and backwards
Low block walking stance forwards and backwards
Middle block walking forwards and backwards
Front kick land in guarding stance

Theory

Training hall	Dojang
Training suit	Dobok
Belt	Ti
Attention	Charyot
Bow	Kyong Ye
Counting 1-5	Hanna, Dool, Seth, Neth, Dasual
Counting 6-10	Yosaul, Ilgop, Yodoll, Ahop, Yoll

Junior White Belt Orange Stripe

Theory

Sitting Stance – Double punch		Punch	Jirugi
Walking Stance – Double punch		Front Kick	Ap Chagi
Low block, Reverse Punch walking stance forwards and backwards		Attention stance	Charyot Sogi
Middle block, Reverse Punch walking forwards and backwards		Ready position	Chumbi Sogi
Turning kick land in guarding stance		Sitting Stance	Annun Sogi
Line work Combo 1 – Walking backwards (start with right leg) middle block 3 times on last technique add reverse punch			

Junior White Belt Green Stripe**Theory**

Front Rising Kick		Turning Kick	Dollyo Chagi
Rising Block walking forwards and backwards		Side Kick	Yop Chagi
Single Knife Hand Strike in L-Stance		Walking stance	Gunnun Sogi
Side Kick land in guarding stance			
Line work Comb 2 – Walking backwards (starting with left leg) middle block 3 times on last technique add knife hand strike with front hand			

Junior White Belt Blue Stripe**Theory**

Low Block, Rising Block walking forwards and backwards		Founder of Tae Kwon Do	Major General Choi Hong Hi
Front Kick, land in walking stance with a Single Punch		What country does TKD come from?	Korea
Turning kick, land in L-stance with a Knife Hand Strike		What does TAGB stand for?	Tae Kwon Association of Great Britain
Reverse Side Kick			
Line work Combo 3 – Walking backwards (start with left leg) middle inward block 3 times on technique add back first strike with front hand			

Junior White Belt Red Stripe (10th Kup) – please reference to your A5 Tae Kwon Do Book for all questions for 10th Kup and above.