



North West Spirit Taekwondo Tigers Syllabus



Level 1 – White & Orange Belt

Exercises & Drill Work

- 10 press ups
- Sitting stance - single punch x 10
- Front rising kick exercise (from walking ready stance)
- Walking stance - middle section obverse punch (forwards and backwards)
- Walking stance - low outer forearm block (forwards and backwards)
- Walking stance - middle inner forearm block (forwards and backwards).

Theory

Name of pattern/exercise	Saju Jirugi
Moves in Saju Jirugi	15
Meaning of Saju Jirugi	Four Directional Punch & Block Exercise
What does taekwondo mean?	Tae (Foot), Kwon (Hand), Do (Art or Way Of)
Name & grade of your instructor	Chris Davies, 4th Dan Black Belt
Attention	Charyot
Bow	Kyeong ye
Ready	Chunbi

Numbers:

1. Hanna
2. Dool
3. Seth
4. Neth
5. Dasaul
6. Yosaul
7. Ilgop
8. Yodoll
9. Ahop
10. Yoll



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Level 2 – Orange Belt

Note: Students are expected to remember everything they learned at Level 1!

Exercises & Drill Work

- Saju Jirugi—Part 1 (low block)
- Walking stance - low outer forearm block, reverse middle section punch (forwards and backwards)
- Front hand jab/straight punch (in fighting/guarding stance).

Theory

Instructor	Sabum
Student	Jeja
Training hall	Dojang
Training suit	Dobok
Belt	Ti
Walking stance	Gunnun sogi
Sitting stance	Annun sogi
Inner	An
Outer	Bakat
What is the name of your association?	Global Taekwondo International (GTI)



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Level 3 – Orange & Black Belt

Note: Students are expected to remember everything they learned at Levels 1 & 2!

Exercises & Drill Work

- Saju Jirugi—Part 2 (middle block)
- Walking stance - middle inner forearm block, reverse middle section punch (forwards and backwards)
- Front snap kick (in fighting/guarding stance).

Theory

Meaning of white belt

White signifies innocence, as with the beginner to taekwondo, who has no previous knowledge of the art.

Press ups

Momtong bachia

Ready stance

Chunbi sogi

Walking ready stance

Gunnun chunbi sogi

Attention Stance

Charyot sogi

Punch

Jirugi

Kick

Chagi