



North West Spirit Taekwondo Tigers Syllabus



Level 1 – White & Orange Belt

Exercises & Drill Work

- 10 press ups
- Sitting stance - single punch x 10
- Walking stance - middle section obverse punch (forwards and backwards)

Theory

What does taekwondo mean?	<i>Tae - Kwon - Do</i> Foot - Fist - Art
Name & grade of your instructor	Chris Davies, 5th Dan Black Belt
Attention	<i>Charyot</i>
Bow	<i>Kyeong ye</i>
Ready	<i>Chunbi</i>

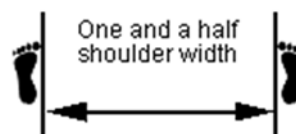
Numbers:	1 <i>Hanna</i>	6 <i>Yosaul</i>
	2 <i>Dool</i>	7 <i>Ilgop</i>
	3 <i>Seth</i>	8 <i>Yodoll</i>
	4 <i>Neth</i>	9 <i>Ahop</i>
	5 <i>Dasaul</i>	10 <i>Yoll</i>

Stances:



Attention Stance *Charyot Sogi*

Feet angled at 45 degrees.
Weight ratio: 50/50.



Sitting Stance *Annun Sogi*

Feet should be one and a half shoulder widths apart,
facing forwards. Knees should be bent.
Weight ratio: 50/50.



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Level 2 – Orange Belt

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

Exercises & Drill Work

- The first 4 moves of Chon-Ji:
 - 1—turn left into walking stance, low block
 - 2—step forward into walking stance, obverse punch
 - 3—turn 180° right into walking stance, low block
 - 4—step forward into walking stance, obverse punch.
- Walking stance - low block (forwards and backwards)
- Walking stance - middle block (forwards and backwards)
- Front hand jab/straight punch (in fighting/guarding stance).

Theory

Training hall	<i>Dojang</i>	What is the name of your association?	Global Taekwondo International (GTI)
Training suit	<i>Dobok</i>		
Belt	<i>Ti</i>		

Stances:



Parallel Ready Stance *Narani Chunbi Sogi*

Feet one shoulder width apart, measured from outside edge of the feet. Arms slightly bent with fists held about one fist size apart, just below the navel; and fists should be a fist size away from the body.

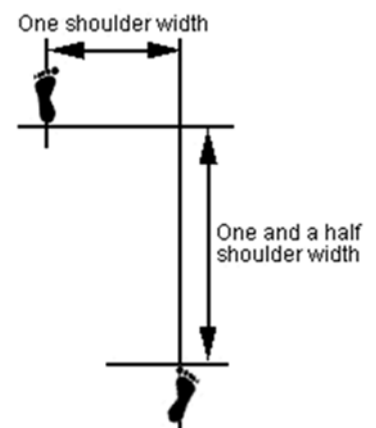
Weight ratio: 50/50.

Walking Stance
Gunnun Sogi

Feet should be one shoulder width apart, with stance length measuring one and a half shoulder widths.

Front leg should be bent, and back leg should be straight, with rear foot turned slightly outward.

Weight ratio: 50/50.





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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

- The first half (first 8 moves) of Chon-Ji
- Front rising kick exercise (from walking ready stance)
- 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
Walking ready stance	Gunnun chunbi sogi
Punch	Jirugi
Kick	Chagi