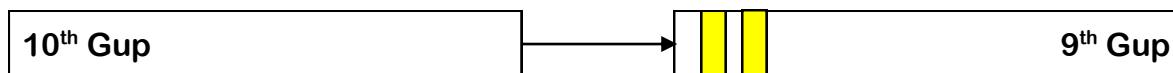


# JUNIOR DEVELOPMENT PROGRAMME



## TECHNIQUES:

1. Step Forward / Backward 4 Times: Walking Stance, Middle Obverse Punch
2. Step Forward / Backward 4 Times: Walking Ready Stance
3. Step Forward / Backward 4 Times: Walking Stance, Low Outer Forearm Block
4. Step Forward / Backward 4 Times: Front Kick, landing in Walking Ready Stance

## PATTERNS:

1. 4 Direction Front Kick (Both Legs)
2. 4 Direction Block (Saju Makgi)
3. 4 Direction Punch (Saju Jurigi)

Instructors Note: It is not essential to perform all patterns at this grade.

## SPARRING:

1. Not Applicable at this grade

## LEG PLACEMENT: (Hold out leg for a count of THREE)

1. 4 Direction Front Kick

## PAD WORK:

1. Front Kick (Both Legs)
2. Middle Obverse Punch in Walking Stance (Both Hands)

## BEST STANCE:

1. Parallel Ready Stance

## BEST ATTACKING TOOL:

1. Ball of Foot on Front Kick

## THEORY:

1. What is "Walking Stance" in Korean ?
2. What is "Punch" in Korean ?
3. What is "Block" in Korean ?
4. What does white belt symbolise ?
5. Who founded the ITF ?

## ANSWERS:

Gunnon Sogi  
Jurigi  
Makgi  
Innocence  
General Choi Hong Hi (9th Degree)