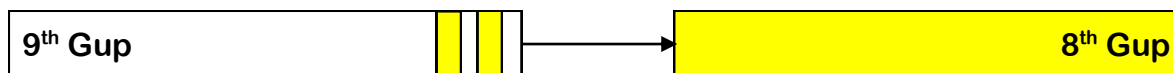


JUNIOR DEVELOPMENT PROGRAMME



TECHNIQUES:

1. Everything from Previous Test(s)
2. Step Forward / Backward 4 Times: L-Stance, Middle Forearm Guarding Block
3. Step Forward / Backward 4 Times: L-Stance, Middle Inner Forearm Block
4. Step Forward / Backward 4 Times: Walking Stance, Double Punch
5. Step Forward 4 Times Right Leg: Walking Stance, Low Outer Forearm Block, Walking Stance, Middle Obverse Punch
6. Step Forward 4 Times Left Leg: Walking Stance, Low Outer Forearm Block, Walking Stance, Middle Obverse Punch
7. Step Forward 4 Times Right Leg: L-Stance, Middle Inner Forearm Block, Walking Stance, Middle Obverse Punch
8. Step Forward 4 Times Left Leg: L-Stance, Middle Inner Forearm Block, Walking Stance, Middle Obverse Punch
9. Sitting Stance, 5 Middle Punches (Both Hands)

PATTERNS:

1. 4 Direction Side Kick (Both Legs)
2. Chon-Ji Tul (See Website for full info: <http://itkdc.com/patterns/chon-ji/>)

SPARRING:

1. Sparring - Light Contact

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

1. 4 Direction Side 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 “Training Suit” in Korean ?
2. What is “Training Hall” in Korean ?
3. What is “Kick” in Korean ?
4. What does yellow belt symbolise ?
5. What are the Tenets of Taekwondo ?
6. How Many moves are in Chon-Ji Tul ?
7. Definition of Chon-Ji Tul ?

ANSWERS:

Dobok
Dojang
Chagi
Earth
Courtesy, Integrity, Perseverance, Self Control
Indomitable Spirit
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Means literally the “Heaven the Earth.” It is, in the Orient, interpreted as the creation of the world or the beginning of human history, therefore, it is the initial pattern played by the beginner. This pattern consists of two similar parts, one to