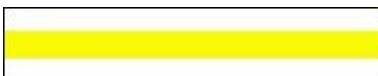




LITTLE GRIFFINS REQUIREMENTS FOR PROMOTION

ATTAINING YELLOW STRIPE



| BASICS | KICKS | SELF-DEFENSE |
|--------------------------------------|------------|----------------------------------|
| Walking Stance w/ High Section Block | Front Kick | 1 Technique Single Wrist Grab |
| | Round Kick | |
| KNOWLEDGE | | |
| Counting in Korean | One | <i>Hana</i> |
| | Two | <i>Dool</i> |
| | Three | <i>Set</i> |
| | Four | <i>Ne</i> |
| | Five | <i>Das-sut</i> |
| | Six | <i>Yuh-sut</i> |
| | Seven | <i>Il-gop</i> |
| | Eight | <i>Yuh-dul</i> |



LITTLE GRIFFINS REQUIREMENTS FOR PROMOTION

ATTAINING GREEN STRIPE



| BASICS | KICKS | SELF-DEFENSE |
|--------------------------------------|---|---|
| Forward Stance w/ High Section Block | Side Kick | 2 Techniques Single Wrist Grab Double Collar Grab |
| KNOWLEDGE | | |
| Meaning of Taekwondo: | Tae – to strike with the foot Kwon - to strike with the hand Do- the way or art | |
| Literal Translation: | The art of kicking and punching | |



LITTLE GRIFFINS REQUIREMENTS FOR PROMOTION

ATTAINING BLUE STRIPE



| BASICS | KICKS | SELF-DEFENSE |
|--|---|--|
| Walking Stance w/ Low Section Block Forward Stance w/ Low Section Block | Sliding Round Kick Sliding Side Kick | 3 Techniques Single Wrist Grab Double Collar Grab Reverse Collar Grab |
| KNOWLEDGE | | |
| Tenets of Taekwondo | Courtesy Integrity Perseverance Self-Control Indomitable Spirit | |



LITTLE GRIFFINS REQUIREMENTS FOR PROMOTION

ATTAINING RED STRIPE

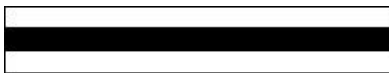


| MINIMUM ATTENDANCE | | |
|--|--|---|
| BASICS | KICKS | SELF-DEFENSE |
| Walking Stance w/ Middle Block Forward Stance w/ Middle Block | High Section Front Kick | 4 Techniques Single Wrist Grab Double Collar Grab Reverse Collar Grab Double Wrist Grab |
| KNOWLEDGE | | |
| Terminology | Hogu – Chest Protector Dobok – Uniform Dojang – Training Area or Gym | |



LITTLE GRIFFINS REQUIREMENTS FOR PROMOTION

ATTAINING BLACK STRIPE



| POOMSAE | KICKS | SELF-DEFENSE |
|--|--|---|
| 1 st . 4 Movements of Taeguk il jang (Pattern 1) Symbolizes Heaven & Light | High Section Round Kick | 4 Techniques Single Wrist Grab Double Collar Grab Reverse Collar Grab Double Wrist Grab |
| BREAKS Front Kick | | |
| KNOWLEDGE | | |
| Terminology | Attention - Cha-ryut Bow - Kyung-neh Get Ready - Joom-be Begin - Shi-jack | |