

TOUGH TOTS
ONE SIDE, ORANGE TIP

Students must have completed at least one term of Taekwon-Do.

FORMS: First two moves of Chun-Ji

PUNCHES: Middle Punch

BLOCKS: Low Block

KICKS: Lead Leg Front Kick

KNOWLEDGE: Taekwon-Do comes from Korea.

ONE TENANT OF TAEKWON-DO: Courtesy

TOUGH TOTS
TEST TWO, COMPLETION OF ORANGE TIP

Students must have passed test one, earning one side of orange and taken a second term of Taekwon-Do.

FORM: First four moves of Chon Ji

PUNCHES: High Punch

STRIKES: Knifehand Inward Strike

BLOCKS: Middle Block, Outward

KICKS: Lead Leg Side Kick

KNOWLEDGE: Korean for uniform – DOBOK

TWO TENANTS OF TAEKWON-DO: Courtesy, Integrity

TOUGH TOTS
TEST THREE, ONE SIDE OF SILVER

Students must have passed test two, orange on both sides of the belt (Orange Tip) and a third term of Taekwon-Do.

FORM: First eight moves of Chon-Ji.

STRIKES: Knifehand Outward Strike

BLOCKS: Middle Block, Inward

KICKS: Lead Leg Roundhouse Kick

THREE STEP SPARRING: Attack Number One

KNOWLEDGE: Korean for Taekwon-Do School – Dojang

THREE TENANTS OF TAKEWON-DO: Courtesy, Integrity, Perseverance

TOUGH TOTS
TEST FOUR, COMPLETION OF SILVER TIP

Students must have passed Test Three, one side of silver, and completed a Fourth Term of Taekwon-Do. **If a student passes this test and can do EIGHT moves of Chon Ji on their own, they may move to the Intermediate class.**

FORM: First ten moves of Chon-Ji, following the teacher.

STRIKES: Hammerfist Strike

BLOCKS: Rising Block

KICKS: Lead leg Hook Kick

THREE STEP SPARRING: Attack Number One and Defense Number One

KNOWLEDGE: **Charyet** means “**Attention**”.

FOUR TENANTS OF TAEKWON-DO: Courtesy, Integrity, Perseverance, Self-Control

TOUGH TOTS
TEST FIVE, WHITE BELT WITH ORANGE STRIPE

Students must have passed tests, earning both sides of orange and silver tips.

FORM: First twelve moves of Chon-Ji

STRIKES: Backfist Strike

KICKS: Stepping in Front Kick

THREE STEP SPARRING:

Attack Number One and Defense Number One

Attack Number Two

KNOWLEDGE: Korean for bow - **Kyung-Ye**

FIVE TENANT OF TAEKWON-DO: Courtesy, Integrity, Perseverance, Self-Control, Indomitable Spirit

TOUGH TOTS
TEST SIX, ONE SIDE OF GREEN

Students must have earned the White Belt with Orange Stripe and completed a sixth term of Taekwon-Do.

FORM: First Fourteen moves of Chon-Ji

STRIKES: Palm Heel Strike

KICKS: Stepping in Side Kick

THREE STEP SPARRING:

Attack Number One and Defense Number One

Attack Number Two and Defense Number Two

SEMI-SPARRING: Stepping in Front Kick and Stepping Side Kick

KNOWLEDGE: Korean for Ready – **Joon -Bi**