

# **Little Dragon TKD Merit Badges**

## **SHEET 1.**

Badges to be followed in order.

One Merit badge will be done every 6 weeks with the intention that each student, once finished all badges, should be ready to grade and move to the next class if not before.



1. Front Punch no. 7 both hands Various numbers also left & right



2. Low outer forearm Block no. 3 Both hands in walking stance



3. High section rising block no 1. in walking stance & to blockers



4. Front kick no.10 each leg, left& right 10 times each keeping leg up & to pads



5. Step and Punch all directions no.8 Left, right forward & back with various numbers



6. Side kick no.12 left & right 10 times each keeping leg up & to pads



7. Knife hand blocks, & strikes no. 4 Low, rising & side also to pads



8. Stretching no.27 all different types

**SHEET 2.**



9. All stances & all blocks no. 78  
Revising all stances & blocks



10. Straight leg raising no 25. 10 times each  
leg & downward kick to pads



11. Revising all Blocks, Kicks & punches to  
pads no 32- combinations



12. Four Directional punch- Saju  
jirugi no 72



13. Terminology- 8 questions about TKD-  
no 28



14. Four Directional Block- Saju Magki  
no 77



15. No 13 back kick- to pads & boards.  
Also revising side kick.



16. Four Directional Front kick- no 68  
Both sides

All badges are now complete for the Little Dragon syllabus and the student will now be given a revision of all areas of TKD so far.

If the knowledge is sufficient then the Little Dragon will be awarded a 9<sup>th</sup> kup yellow stripe belt and moved into the next class.