

During **PHASE 1**, Little Ninjas will focus on the skills below and demonstrate them at their promotion.

PHYSICAL SKILLS

<i>Hand Techniques</i>	1 punch (jab), 2 punch (cross)
<i>Kicking Techniques</i>	Front kick
<i>Self Defense Concept</i>	Verbal boundary & self defense stance
<i>Stripe Skill 1: Control</i>	Front kicks across the floor on partner's hogu
<i>Stripe Skill 2: Teamwork</i>	Free sparring

MENTAL TERMINOLOGY

What does ROCK stand for?

Respect | Obedience | Courage | Kindness
The ROCK also stands for Jesus Christ.

What is the Little Ninja Student Creed?

I will obey my parents
I will clean my room
I will wear my seatbelt
I will brush my teeth
I will use good manners

What number do you call in an emergency?

911

What is one of your parent's phone numbers?

(Practice at home to memorize this.)

BOARD BREAK

<i>Earning: Yellow - Red (Mar / Jun)</i>	Front kick
<i>Earning: Yellow - Red (Sep / Dec)</i>	Front stomp
<i>Earning Little Champion</i>	COMBO: front kick, axe kick, hammer fist

PROMOTION DETAILS

Promotions are typically held on Wednesday and Thursday of the last week of each calendar quarter (Mar, Jun, Sep, Dec).

To qualify for promotion, students must be attending classes regularly, have a great attitude, participate with a level 10 effort, and demonstrate growth with a minimum of 20 class attendances since their previous promotion.

Promotions are by invitation only. Invitations are passed a few weeks in advance, and contain more details and instructions.

During **PHASE 2**, Little Ninjas will focus on the skills below and demonstrate them at their promotion.

PHYSICAL SKILLS

<i>Hand Techniques</i>	3 punch (lead hook), 4 punch (reverse uppercut)
<i>Kicking Techniques</i>	Roundhouse
<i>Self Defense Concept</i>	Bully grab defense
<i>Stripe Skill 1: Coordination</i>	Boxing covers with counters
<i>Stripe Skill 2: Balance</i>	20 balance front kicks

MENTAL TERMINOLOGY

What are the 3 rules of concentration?

Focus with your eyes
Focus with your mind
Focus with your body

Where does taekwondo originate?

Korea

What is the meaning of taekwondo?

The way of hand & foot

What is your home address?

(Practice at home to memorize this.)

BOARD BREAK

Earning: Yellow - Red (Mar / Jun)

Palm strike

Earning: Yellow - Red (Sep / Dec)

Reverse elbow strike

Earning Little Champion

COMBO: front kick, axe kick, hammer fist

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During **PHASE 3**, Little Ninjas will focus on the skills below and demonstrate them at their promotion.

PHYSICAL SKILLS

<i>Hand Techniques</i>	5 punch (lead uppercut), 6 punch (reverse hook)
<i>Kicking Techniques</i>	Side kick
<i>Self Defense Concept</i>	Stranger abduction prevention
<i>Stripe Skill 1: Focus</i>	Kicks & footwork across the floor
<i>Stripe Skill 2: Discipline</i>	Stand still for 2 minutes

MENTAL TERMINOLOGY

<i>What is the meaning of self-discipline?</i>	Doing what you need to do, when you need to do it, whether you feel like it or not.
<i>Why do we bow?</i>	To show respect
<i>Count to 10 in Korean</i>	Hana, Dul, Set, Net, Dasut, Yasut, Elgup, Yeodul, Ah-hope, Yul
<i>What are your parent's names?</i>	(Practice at home to memorize this.)

BOARD BREAK

<i>Earning: Yellow - Red (Mar / Jun)</i>	Axe kick
<i>Earning: Yellow - Red (Sep / Dec)</i>	Front leg side kick
<i>Earning Little Champion</i>	COMBO: front kick, axe kick, hammer fist

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