

Junior Dragon 2 – White Belt / Orange Stripe

(Plus previous theory questions)

Grading Syllabus

Sitting Stance Double Punch

Press ups

Walking Stance Front Punch

Walking Stance Low Block

Walking Stance Rising Block

Walking Stance Middle Block

Walking Stance Middle Block / Reverse Punch

Pad Work Downward Kick

3 Step Sparring (No. 1)

4 Direction Punch (No's 1 and 2)

Theory questions:

What is 4 Directions Punch called ?

Sajo Jirugi

What is 3 Step Sparring called ?

Sambo Matsoki

What is Reverse Punch called ?

Bandae Jirugi

What is the ball of the foot called ?

Ap Kumchi

What is the forefist called ?

Ap Joomuk