



ITF Junior Grade 1 (Purple Stripe) Grading Syllabus

Theory

1. What is your training suit called in Korean? – Dobok
2. What is the training hall called in Korean? – Dojang
3. What are the 3 rules of concentration? - Focus your eyes, Focus your mind, Focus your body (with actions)
4. What Taekwon-Do Association do we belong to? – UK ITF Taekwon-Do
5. What is stance, Punch & Block in Korean? – Sogi, Jurugi, Makgi.

Counting

1 : Hannah	2 : Dool	3 : Seth	4 : Neth	5 : Dasaul
6 : Yasaul	7 : Ilgop	8 : Yodoll	9 : Ahop	10 : Yoll

DAWLISH

Dawlish College, Elm Grove Road, Dawlish, EX7 0BY

Mondays

- 6.30pm - 7.15pm ~ Juniors/Cadet Beginners
- 7.15pm - 8pm ~ Juniors
- 8pm - 9pm ~ Adults & Seniors

Wednesdays

- 6pm - 6.45pm ~ Adult & Senior Beginners (Main Hall)
- 6pm - 6.45pm ~ Generation X 4-6yr olds (Studio)
- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

TEIGNMOUTH

Alive Fitness, Exeter Road, Teignmouth, TQ14 9HZ

Fridays

- 7pm - 8pm ~ Juniors & Cadets
- 8pm - 9pm ~ Adults & Seniors

CONTACT

e: teignbridge-tkd@hotmail.com

t: 07817 639094

