



ITF Junior Grade 2 (Orange Stripe) Grading Syllabus

Theory

1. **What does Taekwon-Do mean when translated into English?** – Foot, Hand, Way
2. **What is your Grading examiners name and grade?** – Mrs Sally Henley 5th Degree/Dan
3. **What are the three sections of the body?** – Nopunde (High) Kaunde (Middle) Najunde (Low)
4. **What is the Korean for Low outer forearm, Middle inner forearm and Rising blocks?** Najunde bakat palmok makgi, Kaunde an Palmok makgi and Chookyo makgi
5. **Why do we train in or learn Taekwon-Do?** – Self defence, Fun, Fitness, Discipline, Self Control, Meeting new friends etc.

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

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