

LIL' KICKERS PROGRAM OUTLINE



Lee's Tae Kwon Do Association

SUMMARY OF THE PROGRAM

The program is available for children ages 4 through 6 and is designed as a precursor to regular Tae Kwon Do classes.

The classes are 30 minutes long and taught twice a week. The child is taught material to help build a foundation for Tae Kwon Do training with an emphasis on manners, following instructions and discipline.

The material is presented in fun and exciting formats to keep the child interested and excited while teaching them important physical and behavioral skills. Each rank-stripe is broken up into a set of curriculum and each set builds upon the other. After every two rank-stripes, the child is tested and certified at the appropriate Gup rank.

The intention of the program is to make a smooth transition into the regular youth program (not a stand-alone program). Once the child has reached proficiency and shows maturity, they can be transferred into the regular youth class per Instructor discretion.

INSTRUCTOR SKILLS NEEDED

It takes a special type of instructor to successfully run a Lil' Kickers program. There is more patience involved along with an ability to manage a group of 4-6 year olds who have varying maturity, attention, and skill levels. It is required that a prospective new Lil' Kickers Instructor shadow an existing Instructor prior to making the commitment to teach Lil' Kickers.

LIL' KICKER BELT STRIPING

Providing a Lil' Kicker with a new belt at every level inspires confidence and rewards them for their hard work with a physical change in color and belt, however, Stripe Belts Tests are non-certified tests. The striped belts can be purchased by a Master with Equipment rights through Best-SangMooSa. They will also be available through the VP of Marketing and Growth.

CURRICULUM SUMMARY

FIRST YEAR

The child starts the first month as a “no belt.” Within the first month, a uniform and white belt test is performed.

White Belt Testing

- Count 1 – 10 in English and Korean
- Low Block, Step and Punch
- Front Kick, Right and Left
- Roundhouse Kick, Right and Left
- Backspin, Right Leg
- Basic Kicking Combination #1

Orange Stripe Belt Testing

- Count 1 – 10 in English and Korean
- Cha-ryut, Kyung-rae, Jun-bi
- 4-Way Pattern Low Block
- Front Kick, Right and Left
- Roundhouse Kick, Right and Left
- Backspin, Right Leg
- Turn Side, Right Leg
- Basic Kicking Combinations #1-3
- Push-ups
- Stomp Break – Yellow Re-breakable

Yellow Stripe Belt Testing

- Count 1 – 10 in Korean
- Tenets of Tae Kwon Do
- Basic H-Pattern (to the first punch and yell)
- Basic Kicking Combinations #1-4
- Basic One-steps #1-3
- Push-ups
- Stomp Break – Orange Re-breakable

Orange Belt Testing

- Count 1 – 10 in Korean
- Tenets of Tae Kwon Do

- Personal Information (Name, Address, Phone #, Birthday, Parent's Names)
- Basic H-Pattern (full pattern)
- Basic Kicking Combinations #1 – 5
- Basic One-steps #1 – 5
- Stomp Break - Regular 8" board

SECOND YEAR

Children will be Orange Belts. Five year olds will still be in the Lil' Kickers program and earn Orange Stripe Belts. Six year olds will graduate into regular Tae Kwon Do classes as an Orange Belt per Instructor discretion.

Green Stripe Belt Testing

- Count 1-10 in Korean
- Tenets of Tae Kwon Do
- Regulations of the Hwa Rang Do
- Personal Information (Name, Address, Phone #, Birthday, Parent's Names)
- Pal-Gwe IL Chang (to the first punch and yell)
- Basic Kicking Combinations #1 – 7
- Counter Attacks #1 – 4
- Stomp-Turn-Stomp Break – Yellow Re-breakable

Blue Stripe Belt Testing

- Count 1-10 in Korean
- Tenets of Tae Kwon Do
- Regulations of the Hwa Rang Do
- Personal Information (Name, Address, Phone #, Birthday, Parent's Names)
- Pal-Gwe IL Chang (full pattern)
- Basic Kicking Combinations #1 – 9
- Counter Attacks #1 – 5
- Stomp-turn-stomp Break - Regular 8" board

Yellow Belt Testing

- Count 1-10 in Korean, Tenets, Regulations, Personal Information (test on all)
- Pal-Gwe IL Chang
- Basic Kicking Combinations #1 – 12
- Counter Attacks #1 – 5 (6 & 7 optional)
- Board Break – Run, Jump Side Kick on Regular 8" board