



## SYLLABUS

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Contains all minimum requirements for each level of Belt Promotion in the HDMA Taekwondo Kids Program.





## GRADING SKILLS

The Belt Promotion is an important part of your child's Martial Arts Journey. This is a dedicated session where they will perform your techniques and show the results of their training over the previous few months.

### *Getting to the Belt Promotion*

Belt Promotion Invitations are usually issued starting 4 weeks prior to Belt Promotion Week. TKD Kids will receive their recommendation on receiving their 3<sup>rd</sup> Stripe on their belt.

Stripe	Information
<b>Kicking Skill</b> 1 <sup>st</sup> Stripe	The important technique of the current level.
<b>Memory Words and Personal Skills</b> 2 <sup>nd</sup> Stripe	Martial Arts is more than Kicking and Striking. These skills and words will be learned in class and during Mat Chat.
<b>HDMA Spirit</b> 3 <sup>rd</sup> Stripe	Our goal is to teach Kids how to be the best version of themselves. These are our most important requirements!

### *What Happens at the Belt Promotion*

The Belt Promotion is a special session held to celebrate your child's hard work and dedication in training. They will perform the techniques of their level and other regular training exercises to show their improvement and earn their next level. After the session, the students receive their results.



## GRADING SKILLS

Belt	Kicking Skill 1 <sup>st</sup> Stripe	Memory Words and Personal Skills 2 <sup>nd</sup> Stripe	HDMA Spirit 3 <sup>rd</sup> Stripe
<b>Kids White Belt</b>	Front Kick	<ul style="list-style-type: none"> <li>Junior Oath</li> <li>HDMA Greeting</li> <li>Emergency Phone Number</li> </ul>	Best Behaviour at Home and in the Dojang.  Showing Respect to Parents, Instructors and others since last Grading.  Attend at least 16 Classes since last Grading.  This Stripe will be given close to Grading!
<b>Kids Yellow Belt</b>	Axe Kick	<ul style="list-style-type: none"> <li>Focus (Look, Listen, Think)</li> <li>Self-Control (Quiet and Still)</li> <li>Honesty (Tell the Truth)</li> <li>Counting</li> </ul>	
<b>Kids Green Belt</b>	Roundhouse Kick		
<b>Kids Blue Belt</b>	Balance Kick	<ul style="list-style-type: none"> <li>Introduce Yourself</li> <li>Power (Be Strong)</li> <li>Speed (Be Fast)</li> <li>Balance (Never Fall Over)</li> <li>Loyalty (Be Supportive)</li> </ul>	
<b>Kids Purple Belt</b>	Side Kick		
<b>Kids Orange Belt</b>	Flying Kick	<ul style="list-style-type: none"> <li>Respect (Nice and Good Manners)</li> <li>Patience (Good at Waiting)</li> <li>Teamwork (Work Together and Share)</li> <li>Confidence (Loud and Proud)</li> </ul>	
<b>Kids Red Belt</b>	Climbing Kick		
<b>Kids Brown Belt</b>	Spinning Kick	All Memory Words and Skills	
<b>Kids Black Belt</b>	Back Kick		