



SYLLABUS

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 3rd Stripe on their belt.

Stripe	Information
Kicking Skill <i>1st Stripe</i>	The important technique of the current level.
Memory Words and Personal Skills <i>2nd Stripe</i>	Martial Arts is more than Kicking and Striking. These skills and words will be learned in class and during Mat Chat.
HDMA Spirit <i>3rd Stripe</i>	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 <i>1st Stripe</i>	Memory Words and Personal Skills <i>2nd Stripe</i>	HDMA Spirit <i>3rd Stripe</i>
Kids White Belt	Front Kick	<ul style="list-style-type: none">• Junior Oath• HDMA Greeting• Emergency Phone Number	Best Behaviour at Home and in the Dojang.
Kids Yellow Belt	Axe Kick	<ul style="list-style-type: none">• Focus (Look, Listen, Think)• Self-Control (Quiet and Still)• Honesty (Tell the Truth)• Counting	
Kids Green Belt	Roundhouse Kick		
Kids Blue Belt	Balance Kick	<ul style="list-style-type: none">• Introduce Yourself• Power (Be Strong)• Speed (Be Fast)• Balance (Never Fall Over)• Loyalty (Be Supportive)	Showing Respect to Parents, Instructors and others since last Grading.
Kids Purple Belt	Side Kick		
Kids Orange Belt	Flying Kick	<ul style="list-style-type: none">• Respect (Nice and Good Manners)• Patience (Good at Waiting)• Teamwork (Work Together and Share)• Confidence (Loud and Proud)	This Stripe will be given close to Grading!
Kids Red Belt	Climbing Kick		
Kids Brown Belt	Spinning Kick	All Memory Words and Skills	
Kids Black Belt	Back Kick		