



## Merit Badges

 <p><b>Blocks</b> 9<sup>th</sup> – 5<sup>th</sup> KUP: 6 blocks 4<sup>th</sup> – 1<sup>st</sup> KUP: 10 blocks</p> <ol style="list-style-type: none"> <li>1. Demonstrate</li> <li>2. Know the use of</li> <li>3. Name in Korean</li> </ol> <p>05</p>	 <p><b>Punching</b> Power &amp; height of punch, and correct fist position (1<sup>st</sup> two knuckles + twist), will be assessed.</p> <ol style="list-style-type: none"> <li>1. Moving forwards &amp; backwards (in Walking stance).</li> <li>2. Sitting stance 10 punches.</li> <li>3. Name in Korean.</li> </ol> <p>06</p>
 <p><b>Back-fist</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate Jumping Back-fist</li> <li>2. Demonstrate technical Back-fist (moving forwards 4x, &amp; backwards 4x)</li> <li>3. Demonstrate 5 Back-fists, with power, against a focus pad (both hands)</li> <li>4. Know 3 different uses</li> <li>5. Name in Korean</li> </ol> <p>09</p>	 <p><b>Front Kick</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate 5 kicks, with power, against a kick shield</li> <li>2. Demonstrate 5 kicks, with good technique, balance &amp; guard (both legs)</li> <li>3. Know 3 suitable targets</li> <li>4. Name in Korean.</li> </ol> <p>10</p>
 <p><b>Turning Kick</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate 5 kicks, with power, against a kick shield</li> <li>2. Demonstrate 5 kicks, with good technique, balance &amp; guard (both legs)</li> <li>3. Know 3 suitable targets</li> <li>4. Name in Korean.</li> </ol> <p>11</p>	 <p><b>Side Kick</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate 5 kicks, with power, against a kick shield</li> <li>2. Demonstrate 5 kicks, with good technique, balance &amp; guard (both legs)</li> <li>3. Know 3 suitable targets</li> <li>4. Name in Korean.</li> </ol> <p>12</p>
 <p><b>Stances</b> 9<sup>th</sup> – 7<sup>th</sup> KUP: Walking, L, Sitting stances 6<sup>th</sup> – 4<sup>th</sup> KUP: 6 stances 3<sup>rd</sup> – 1<sup>st</sup> KUP: 10 stances</p> <ol style="list-style-type: none"> <li>1. Demonstrate stances</li> <li>2. Know weight distribution of legs</li> <li>3. Name in Korean</li> </ol> <p>16</p>	 <p><b>Stretching</b></p> <ol style="list-style-type: none"> <li>1. Demonstrate box splits</li> <li>2. Demonstrate side splits (right &amp; left)</li> </ol> <p>27</p>
 <p><b>Counting</b></p> <ol style="list-style-type: none"> <li>1. Count 1 to 10 in Korean.</li> </ol> <p>28</p>	 <p><b>Tie Belt</b></p> <ol style="list-style-type: none"> <li>1. Tie belt correctly.</li> </ol> <p>30</p>
 <p><b>Tenets &amp; Oath</b></p> <ol style="list-style-type: none"> <li>1. Recite the 5 Tenets of Taekwondo</li> <li>2. Recite the Oath.</li> </ol> <p>32</p>	 <p><b>Student of the Month</b></p> <p>Only awarded by Black Belt recommendation.</p>
 <p><b>Sit Ups</b></p> <ul style="list-style-type: none"> <li>• Rainbows = 20</li> <li>• 8-10yrs = 30</li> <li>• 11-15yrs = 40</li> </ul>	 <p><b>Press Ups</b></p> <ul style="list-style-type: none"> <li>• Rainbows = 10</li> <li>• 8-10yrs = 20</li> <li>• 11-15yrs = 30</li> </ul>