

# T.A.G.B. TIGERS

Junior Tae Kwon-Do

# T.A.G.B

# I G E R S



# Student Handbook



# **T.A.G.B. TIGERS**

*This Junior Tae Kwon-Do Syllabus is a foundation to **T.A.G.B. Tae Kwon-Do***

*The grades attained are only recognised at club level.*

*The Full T.A.G.B. Tae Kwon-Do syllabus starts when the student has successfully completed this junior syllabus , or when the instructor feels the student can successfully undertake the full T.A.G.B. Tae Kwon-Do syllabus starting at 10th Kup White belt.*



# Junior Tae Kwon-Do Syllabus

# Junior White / Orange

Attention Bow

Identify Yourself

Ready Position

Sitting stance single punch

Middle punch walking stance

Front kick land in a guarding stance

Theory

**The student must display  
confidence  
When attempting the above techniques.**

# Theory

Training Suit

Dobok

Belt

Ti

Training Hall

Dojang

1st tenet of  
Tae Kwon-Do

Courtesy

1-10 in Korean

Hana  
Dool  
Seth  
Neth  
Dasaul  
Yasaul  
Eilgop  
Yodol  
Ahop  
Yol

Your Instructors  
Name & Grade

# Junior White / Green

Retest Previous Level	
Sitting Stance - Double Punch	
Walking Stance - Double Punch	
Walking Stance— Low Block	
Turning Kick—guarding block	
Tie own belt	
Theory	
<p><b>The student must display <u>confidence - power</u> when attempting the above techniques.</b></p>	

# Theory

Previous level theory

TAGB

Tae Kwon-Do  
Association of  
Great Britain

Tae Kwon-Do

Kick, Punch, Way

Attention

Charyot

Bow

Kyong-Ye

Ready

Chunbi

2nd tenet of  
Tae Kwon-Do

Integrity

# Junior White / Blue

Retest Previous Levels

Front rising kick

Middle Block walking stance

Single knife hand strike

Side Kick land in a Guarding Stance

Theory

**The student must display  
confidence - power - technique  
when attempting the above techniques**



# Theory

Previous level theory

Where does  
Tae Kwon-Do  
come from

Korea

Punch

Jirugi

Block

Makgi

Kick

Chagi

White Belt

Innocence or beginner

3rd & 4th tenet of  
Tae Kwon-Do

Perseverance  
Self Control

# Junior White / Red

Retest Previous Levels

Low Block reverse punch

Middle Block reverse punch

Front Kick Single Punch

Turning Kick Knife Hand Strike

4 Directional Punch No1

Theory

**The student must display  
confidence - power - technique - accuracy  
when attempting the above techniques**

# Theory

Previous level theory

Sitting Stance

Annun Sogi

Walking Stance

Gunnun Sogi

L Stance

Niunja Sogi

4 Directional Punch

Sajo Jirugi

TAGB  
Examiner & Grade

Grand Master  
Michael Dew  
9th Dan

5 Tenets of  
Tae Kwon-Do

Courtesy  
Integrity  
Perseverance  
Self Control  
Indomitable Spirit

# TAGB - 10th Kup

Sitting Stance - Single Punch

Front Rising Kick - Walking Ready Stance

10 Press Ups

Walking Stance - Single Punch

Walking Stance-Low Block, Reverse Punch

Walking Stance-Middle Block, Reverse Punch

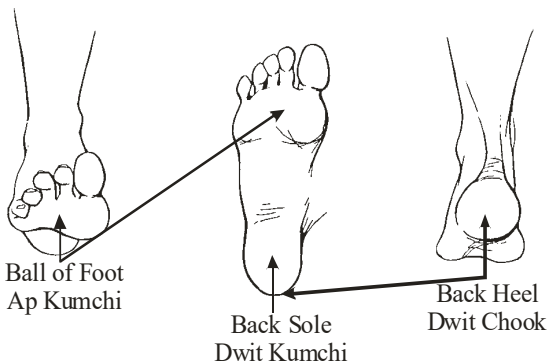
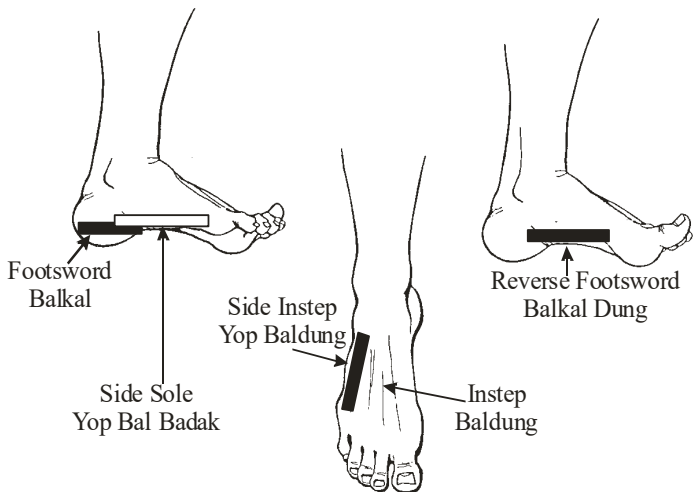
4 Directional Punch No.1

4 Directional Punch No.2

Theory

**This is the first TAGB Grading and when ready the student will perform the above in front of a TAGB Grading Examiner.**

# Foot Parts



# TAGB - 9th Kup

Sitting Stance - Double Punch

Front Kick - Walking Ready Stance

Walking Stance - Double Punch

L Stance - Middle Inner Forearm Block

L Stance - Knifehand Strike

Walking Stance - Low Block, Rising Block

Pattern - Chonji

Theory

**This is the second TAGB Grading and when ready the student will perform the above in front of a TAGB Grading Examiner.**

# Hand Parts

