

# Grading Requirements

2023

## Red Dragon Taekwondo

### WHITE TO YELLOW BELT REQUIREMENTS

MINIMUM CLASSES	BASIC KICKS AND BLOCKS	SELF DEFENCES
<b>12</b>	<b>2 OF EACH</b>	<b>4 DEFENCES</b>
APPLIES BETWEEN GRADING PERIODS	SINGLE BACK LEG KICKS FWD STANCE TECHNIQUES	<a href="#">WRIST GRABS x 3</a> BUDDY DEFENCE

  

FORMS	SPARRING
<b>CHON JI HEUNG</b>	<b>2 ROUNDS</b>
<a href="#">WHITE BELT FORM</a>	NON CONTACT BASIC PADS