



Little Dragons Routine (Pattern)

Start in Chunbi.

Right leg back into guarding stance (Kihap) On the instruction to begin, students perform:

High Punch (left), Middle Punch (right), High Palm (left), Middle Palm (right), then execute a (left) Front Snap kick and (right) Front Snap Kick (Kihap), returning to guarding stance with the right leg back.

Then, change stance (our students will say “change legs” when they do this).

High Punch (right), Middle Punch (left), High Palm (right), Middle Palm (left), then execute a (right) Front Snap Kick and (left) leg Front Snap kick (Kihap) returning to guarding stance with the left leg back.

Hold up both palms shouting “stop stand back, I’m a little dragon.” End.

Judges are instructed to take the accuracy of the routine into consideration first, before the loudness or overall performance of the student. i.e. did they get their lefts and rights correct and do the routine correctly.

Little Dragons Tag sparring - Non contact, grab the tag from opponents belt in 45 second bout.

**Any questions please contact Grant Churchward on 07966 382132
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