



Active Start Curriculum



How It Works...

Our Active Start Programme lays the foundation not only for martial arts, but for a child's entire active life.

At this stage, our focus is on developing essential movement and life skills that support long-term participation in sport and physical activity.

Through fun, structured training, students build **balance, fitness, agility, coordination, teamwork,** and **concentration** in a safe and supportive environment.

Alongside this, children are introduced to the foundations of martial arts, including basic Taekwondo techniques, simple kicks, and punches.

These fundamental skills form the building blocks of Taekwondo and are highly transferable to a wide range of martial arts and sports, setting children up for confident, active progression as they grow.

White belt → Purple stripe

Training Period		
Minimum of 10 lessons		
Technical Content		
Core Skills	Following instructions from instructor; not talking when instructor is talking	
Basics	Stances	Attention; horse riding; guard stance
	Blocks	Low block; middle block; high block using one hand at a time
	Strikes	In horse riding stance on the spot; single punches; low, middle and high; correct height for each.
	Kicks	Front kick; push kick; half- turning kick
Sport	One-for-one kicking	Using kicks outlined above
	Target (pad kicking)	Punches and kicks using aranians and smartie pads
Fitness	Start jumps using correct form, tuck jumps using correct form	
Terminology & Conduct	Bowling on and off the mats; kihap (shout) on every move.	

Purple stripe → Orange stripe

Training Period		
3 months and a minimum of 24 lessons		
Technical Content		
Core Skills	Following instructions from instructor; not talking when instructor is talking	
Basics	Stances	Attention; horse riding; guard stance; walking stance; long stance
	Blocks	Low block; middle block; high block; starting to incorporate other hand and spare hand on waist
	Strikes	In horse riding stance on the spot; single punches; low, middle and high; correct height for each; spare hand on waist
	Kicks	Front kick; push kick; half- turning kick; chop kick; attempt made at turning kick.
Sport	One-for-one kicking	Using kicks outlined above
	Target (pad kicking)	Punches and kicks using aranians and smartie pads
Fitness	Start jumps using correct form, tuck jumps using correct form	
Terminology & Conduct	Bowling on and off the mats; kihap (shout) on every move.	

Orange stripe → Green stripe

Training Period		
3 months and a minimum of 24 lessons		
Technical Content		
Core skills	Following instructions from instructor; not talking when instructor is talking; starting to differentiate between left and right side; front and back leg/hand	
Basics	Stances	Attention; horse riding; guard stance; walking stance; long stance
	Blocks	Low block; middle block; high block; starting to incorporate other hand and spare hand on waist
	Strikes	In horse riding stance on the spot; single punches; low, middle and high; correct height for each; spare hand on waist; ability to do two consecutive punches at the same height
	Kicks	Front kick; push kick; half- turning kick; chop kick; improvement on turning kick; 360 with assistance.
Sport	One-for-one kicking	Using kicks outlined above
	Target (pad kicking)	Punches and kicks using aranians and smartie pads
Fitness	Start jumps using correct form, tuck jumps using correct form; attempt made at sit ups and push ups; hurdle jump with both feet together.	
Terminology & Conduct	Bowling on and off the mats; kihap (shout) on every move.	

Green stripe → Blue stripe

Training Period		
3 months and a minimum of 24 lessons		
Technical Content		
Core skills	Following instructions from instructor; not talking when instructor is talking; starting to differentiate between left and right side; front and back leg/hand; showing respect to other students; marked improvement on balance and agility	
Basics	Stances	Attention; horse riding; guard stance; walking stance; long stance
	Blocks	Low block; middle block; high block; starting to incorporate other hand and spare hand on waist; improvement from previous grading
	Strikes	In horse riding stance on the spot; single punches; low, middle and high; correct height for each; spare hand on waist; ability to do two consecutive punches at the same height; consecutive punches at different heights
	Kicks	Front kick; push kick; half- turning kick; chop kick; improvement on turning kick; 360 with less assistance; doubles attempted; back kicks attempted
Sport	One-for-one kicking	Using kicks outlined above
	Target (pad kicking)	Punches and kicks using aranians and smartie pads; starting to use paddles
Fitness	Start jumps using correct form, tuck jumps using correct form; hurdle jump with both feet together; 3x sit ups and push ups with good form.	
Terminology & Conduct	Bowing on and off the mats; kihap (shout) on every move.	

Blue stripe → Red stripe

Training Period		
3 months and a minimum of 24 lessons		
Technical Content		
Core skills	Following instructions from instructor; not talking when instructor is talking; starting to differentiate between left and right side; front and back leg/hand; showing respect to other students; marked improvement on balance and agility; ability to do blocks and strikes while moving in a stance	
Basics	Stances	Attention; horse riding; guard stance; walking stance; long stance
	Blocks	Low block; middle block; high block; starting to incorporate other hand and spare hand on waist; improvement from previous grading
	Strikes	In horse riding stance on the spot; single punches; low, middle and high; correct height for each; spare hand on waist; ability to do two consecutive punches at the same height; consecutive punches at different heights;
	Kicks	Front kick; push kick; half- turning kick; chop kick; improvement on turning kick; 360; doubles improved; back kicks with minimal assistance; checks attempted
Sport	One-for-one kicking	Using kicks outlined above
	Target (pad kicking)	Punches and kicks using aranians and smartie pads; more accurate use of paddles
Fitness	Start jumps using correct form, tuck jumps using correct form; hurdle jump with both feet together; 5x sit ups and push ups with good form.	
Terminology & Conduct	Bowling on and off the mats; kihap (shout) on every move.	

Red stripe → Brown stripe

Training Period		
3 months and a minimum of 24 lessons		
Technical Content		
Core skills	Following instructions from instructor; not talking when instructor is talking; starting to differentiate between left and right side; front and back leg/hand; showing respect to other students; marked improvement on balance and agility; ability to do blocks and strikes while moving in a stance	
Basics	Stances	Attention; horse riding; guard stance; walking stance; long stance
	Blocks	Low block; middle block; high block; starting to incorporate other hand and spare hand on waist; improvement from previous grading
	Strikes	In horse riding stance on the spot; single punches; low, middle and high; correct height for each; spare hand on waist; ability to do two consecutive punches at the same height; consecutive punches at different heights;
	Kicks	Front kick; push kick; half- turning kick; chop kick; improvement on turning kick; 360; doubles; back kicks; checks improved
Sport	One-for-one kicking	Using kicks outlined above
	Target (pad kicking)	Punches and kicks using aranians and smartie pads; more accurate use of paddles
Fitness	Start jumps using correct form, tuck jumps using correct form; multiple hurdle jumps with both feet together and box jumps with feet together; 5x sit ups and push ups with good form.	
Terminology & Conduct	Bowling on and off the mats; kihap (shout) on every move.	

Brown stripe → Yellow tag

Training Period		
3 months and a minimum of 24 lessons		
Technical Content		
Core skills	Following instructions from instructor; not talking when instructor is talking; starting to differentiate between left and right side; front and back leg/hand; showing respect to other students; marked improvement on balance and agility; ability to do blocks and strikes while moving in a stance	
Basics	Stances	Attention; horse riding; guard stance; walking stance; long stance
	Blocks	Low block; middle block; high block; starting to incorporate other hand and spare hand on waist; consistent, accurate use of two hands on blocks; knowledge of block usage
	Strikes	In horse riding stance on the spot; single punches; low, middle and high; correct height for each; spare hand on waist; ability to do two consecutive punches at the same height; consecutive punches at different heights;
	Kicks	Front kick; push kick; half- turning kick; chop kick; improvement on turning kick; 360; doubles; back kicks; checks look different from push kicks
Sport	One-for-one kicking	Using kicks outlined above
	Target (pad kicking)	Punches and kicks using aranians and smartie pads; more accurate use of paddles
Fitness	Start jumps using correct form, tuck jumps using correct form; multiple hurdle jumps with both feet together and box jumps with feet together; 5x sit ups and push ups with good form.	
Terminology & Conduct	Bowling on and off the mats; kihap (shout) on every move.	

CONGRATULATIONS!

**YOU HAVE
COMPLETED THE
ACTIVE START
CURRICULUM**

**YOU MAY NOW MOVE
TO THE JUNIORS
CURRICULUM!**

