



BECK'S'
MARTIAL ARTS & FITNESS

Advanced Tiger Cycle 2

My Name: _____

What did I learn about Taekwondo this cycle? _____

What was the best part and the hardest part? _____

Form & Techniques

Line 1: Step to the front. Right Inner form block then left inner form block

Line 2: Spin around left low block, right front kick punch, punch

Line 3: Turn to the right, right low block, left front kick, punch punch.

Reverse kicks and spin kicks

Double outer form block

Self Defense

Self-Defense 1: Parents

What are your parents' first and last names? What are your mom and your dad's phone numbers?

Self-Defense 2: Safety

A stranger picks you up. You must get free, land on your feet and find a trusted adult like your parent, teacher, police, fireman, or a friend's parent.



My Korean Words!

1. How do you say left and right?
2. How do you say middle stance?



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Advanced Tiger Homework

My Name: _____

A good deed is when you do something nice for someone else, like drawing them a picture or helping your family with household chores. What good deeds have you done this cycle?

1. _____

2. _____

3. _____

4. _____

5. _____

DRAW THIS IS THE SPACE PROVIDED: What does it say?

태권도

