



**BECKS'**  
MARTIAL ARTS & FITNESS

## Advanced Tiger Cycle 3

My Name: \_\_\_\_\_

What did I learn about Taekwondo this cycle? \_\_\_\_\_

What was the best part and the hardest part? \_\_\_\_\_

### Form & Techniques

Line 1: 3/4 turn left lowblock, front kick, punch, punch

Line 2: turn right, high block, front kick, punch, punch

Line 3: Step towards the back, low block/punch, step low block/punch, front kick, low block, punch, front kick, low block, punch

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Show me: double jump front kick, double outer form block, twin low block, back stance, crescent kicks

### Self Defense

#### Self-Defense 1: Parents

What is your home address including street number, street name, city, state, and zip code?

#### Self-Defense 2: Safety

Forward and backward roll to taking a knee, standing and running to safety.



### My Korean Words!

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1. How do you say front and back?
  2. How do you say front stance?



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# Tiger Homework Sheet

**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 THESE IN THE SPACE PROVIDED



AMERICAN FLAG



SOUTH KOREAN FLAG