



BECK'S'
MARTIAL ARTS & FITNESS

Advanced Tiger Cycle 4

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 left, double knifehand block in front stance, step front spearhand strike in front stance.

Line 2: Step to the right, double knifehand block in front stance, step front spearhand strike in front stance.

Line 3: Step towards the front with left foot, knifehand high block/upset knifehand strike in front stance, right front kick, land in front rev. punch, left side kick, right side kick, land in back stance double knifehand block.

Show me:

Rev. side kick, back stance, double knifehand block, jump crescent kick, spearhand strike, knifehand highblock/upset knifehand strike.

Self Defense

Mental Self-Defense: Bullies

Stay away from mean kids at school. Bullies can call names and hit you. If a bully picks on you, do not call names or hit them back, tell a teacher and stay close to your friends.

Physical Self-Defense: Safety

If a stranger picks you up, you must yell loud and find sensitive target areas. Be ready to land on your feet.



My Korean Words!

1. How do you attention and bow?
2. How do you say ready stance?



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Beginner 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



SITTING LIKE A MASTER



STANDING LIKE A BLACK BELT