



BECKS'
MARTIAL ARTS & FITNESS

Advanced Tiger Cycle 5

My Name: _____

What did I learn about Taekwondo this cycle? _____

What was the best part and the hardest part? _____

Form & Techniques

Line 1: Turn to the left, left outerform block in back stance, right front kick, land in back and right inner forearm block

Line 2: Turn to the right, right outerform block in back stance, left front kick, land in back and left inner forearm block

Line 3: Step towards the front with left foot, knifehand high block/upset knifehand strike in front stance, right front kick, land in front stance and back fist strike

Show me:

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

Sparring footwork and speed.

Self Defense

Mental Self-Defense

Who are people you can trust to help protect you from bullies and strangers?

1. *Parents*
2. *Grandparents*
3. *Aunts & Uncles*
4. *Teachers & Coaches*
5. *Police & Firefighters*

Physical Self-Defense: Safety

Escape from a stranger grabbing your wrist or shoulder.



My Korean Words!

1. How do you say taekwondo teacher?
2. How do you say thank you?



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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



A STRONG FIST



YOUR FAVORITE KICK