



BECKS'
MARTIAL ARTS & FITNESS

Beginner 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 low block, step right front punch

Line 2: Turn to the right, right low block, step left front punch

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

Show Me These Moves

Double Outer Forearm Block
Repeat Front Kick/Round Kick
10 Hop Round Kicks
Kinfehand Block
Rev. Punch and Front Punch
Middle and Back Stance

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 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