



BECK'S'
MARTIAL ARTS & FITNESS

Taekwondo Tigers 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 double outer forearm block, step right front punch

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

Line 3: Turn to the left, left knifehand block, right front kick round kick, land left rev punch, step right rev punch.

Show Me These Moves

Double Outer Forearm Block
Repeat Front Kick/Round Kick
10 Hop Round Kicks
Knife hand Block
Rev. Punch and Front Punch
Front 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 ankle.



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