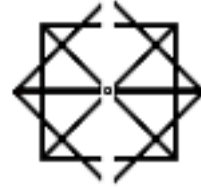


## Basic Taekwondo Skills and Memorization

- 1st Half of Songahm #1
- Songahm #1 Basics



## Self Defense-

- Stranger Danger

## Physical Skills/ Athletic Development

- Balance

## Social Interaction Training

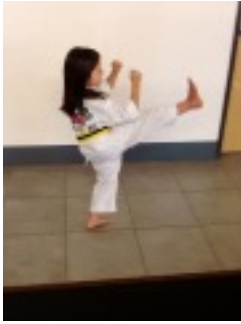
- Working with Partners

## Life Skills / Values Development

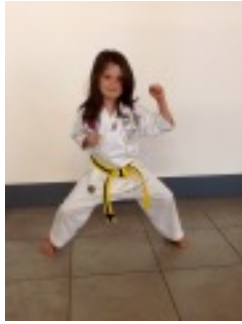
- Self Esteem



## Stripe 1- “Taekwondo Basics and Warrior Combos”



Front Kick



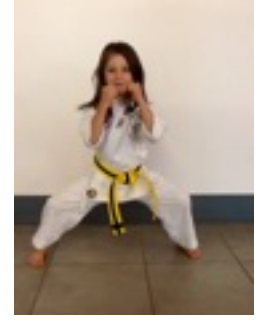
Inner Forearm  
Block



Side Kick



Knifehand Strike



Middle Stance

## Stripe 2-”Physical/ Social Development and Self Defense”

### Physical Skills/ Athletic Development

#### “Balance”

To earn this stripe, students demonstrate standing on one foot for 10 seconds.

-and-

### Social Interaction Training

#### “Working with Partners”

To earn this stripe, tigers must hold the pad for their partner as they practice kicking it down the floor, and remain focused on what they are doing!

### Pattern

## Stripe 3-”Memory Stripe”

### 1st Half of Songahm #1

1. Step to a Right front stance & High Block (Right)
2. Aim at your target with the high block & Reverse Punch (Left)
3. Hands come up to kicker position & #2 Front Kick (Left)
4. Land in a Left front stance & Low Block (Left)
5. Aim at your target with your low block & Step & Punch (Right) land in right front stance.
6. Look behind you over the Left shoulder, arms go to the starting point, step with your Left foot to a middle stance & Inner Forearm Block (Left).
7. Hands come up, step to the letter ‘L’ & #3 Side Kick Ki-Hap! (Left)
8. Land in a middle stance & Knifehand Strike (Left)
9. Aim at your target with knifehand & Step & Punch (Right - step to a left front stance as you punch)

-and-

### Warrior Combo

- #1- Left Hand Jab
- #2-Right Hand Cross
- #3- Left Hand Hook Punch
- #4- Right Hand Cross

**\*\*DON’T FORGET TO COMPLETE THE HOMEWORK SHEET TO EARN YOUR FOURTH STRIPE (SEPARATE DOCUMENT!)\*\***

# Thrive Tiger Lifeskill: Self Esteem

“The joy of being myself!”

Dear Parents;

Our main objective at Thrive Martial Arts is to develop well-rounded students, not only at our school but also in life. Life Skill Words and Habits are designed to help build character, and develop strong healthy habits in all areas of our student's lives. Please help your child learn this cycle's life skill word, and complete the tasks outlined in order to receive their red stripe.

**Life Skill Word: Self Esteem**

Definition: The joy of being myself!

## Self Esteem

Parents: To help your student earn their red stripe, please have complete the sentences below, which focuses on three components of appropriate self esteem- confidence, positive attitude, and humility!

I show confidence with my voice by \_\_\_\_\_.

I show a positive attitude at home by \_\_\_\_\_.

I show humility by \_\_\_\_\_.

---

## Intent to Promote

**Student's Name:** \_\_\_\_\_

Parents, please complete this portion, then submit it with the testing fee to the office at your earliest convenience so your child can test to their next rank. Testing fees are due one week prior to the testing date in order to insure that we have ordered the appropriate items needed to promote your child in rank. Tiger Testing fees are \$45. Please see the website or in school announcements for testing times. Please arrive 15 minutes before testing begins. Thank you for your support of our program!

Parent/Guardian Permission to Test: \_\_\_\_\_

