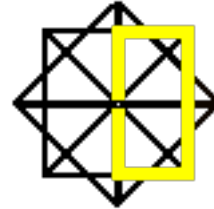


Basic Taekwondo Skills and Memorization

- 1/2 of Songahm #3
- Songahm #3 Basics



Cycle 1	Basics List
Double Knifehand Block	Vertical Speer Hand Strike
Knifehand Low Block	Back Stance
Knifehand High Block	

Self Defense-

- Wrist Grab- Hammer Fist, Palm, Run

Physical Skills/ Athletic Development

- Crossing Center Line

Social Interaction Training

- Healthy Habits

Life Skills / Values Development

- Goal Setting



Stripe 1- "Taekwondo Basics and Self Defense"



Double Knifehand
Block



Knifehand High
Block



Knifehand Low
Block



Speer Hand Strike



Back Stance

Self Defense-

- Wrist Grab- Hammer Fist, Palm, Run

Stripe 2-"Physical and Social Development Stripe"

Physical Skills/ Athletic Development

"Crossing Center Line"

To earn this stripe,
students will touch their
toes with the opposite
hand 5 times.

-and-

Social Interaction Training

"Healthy Habits"

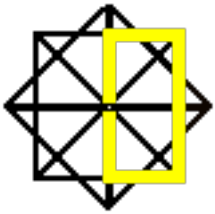
The student will tell their instructor
three healthy habits they have
practiced this cycle (eg: washed my
hands, brushed my teeth.)

Stripe 3-"Memory Stripe"

1st Half of Songahm #3

"June-bee" - Step our with the right foot to June-bee (Ready Stance).

1. Step out with the left foot to Right Back Stance & **Left Knife Hand Strike**
2. **Double Knifehand Block**
3. Left foot steps back to Right Foot, **Right #4 Front Kick**
4. **Left #2 Round Kick**
5. Land forward into a left front stance, **Left Knife Hand Low Block**
6. (No Step) **Left Knife Hand High Block**
7. Step forward with right foot into a middle stance. Aim with Left Hand.
Right Punch. (Ki-hap)
8. (No Step) **Left Punch. (Ki-hap)**
9. Step with left foot behind right leg. With left hand out, unwind to face
opposite direction. **Right Vertical Spearhand**
10. (No Step) **Left Vertical Spearhand.**
11. Step forward with right leg, **Right Low Block**
12. **Left Reverse Punch**
13. **Right #3 Jump Front Kick**
14. **Left Reverse Punch**



Thrive Tiger Lifeskill: Discipline

“To Obey what is Right”

Dear Parents;

Our main objective at Thrive Martial Arts” is to develop well-rounded students, not only at our school but 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 the Life Skill Word and complete the tasks outlined below in order to receive their Red stripe.

Life Skill Word: Discipline

Definition: *To Obey what is Right.*

The first way we develop discipline is through obeying what our parents tell us is right.

Discipline through Developing Good Habits

Parents: Choose 3 tasks you want your child to make a habit (eg: brush teeth, clean up toys, make their bed, etc.). Students should complete these tasks seven days in a row. Once finished, return this sheet to your instructor to earn your red stripe.

Habit	Days Completed.						

Intent to Promote

Student’s Name: _____

Parents, please complete this portion, then submit 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: _____

