

Cycle 2 - March/ April- Advanced Tigers

Basic Taekwondo Skills

- Lifeskill Short Patterns (2)
- Songahm #1 Basics Techniques
- Warrior Combos 1 and 2



Cycle 2	Basics List
#2 Front Kick	Punch
High Block	Front Stance
Low Block	Side Kick

Self Defense-

- Parent's Full Names

Physical Skills/Athletic Development

Hand/Eye Coordination

Social Interaction Training

- Standing Still

Life Skill/ Values Development

Belief

Advanced Tiger Bonus Material

- Pattern: Advanced Tiger Pattern #1
- Board Break: Side Kick
- Sparring Concept: Blocking
- Thrive Weapons Training: Jong Bong

Advanced Tiger Pattern

- Right Repeat side kick
- Left Reverse Crescent Kick
- Left Backlist Strike
- Right Punch
- Left Front Leg Round Kick
- Advanced Arm Base



Thrive Tiger Lifeskill: Belief

"Yes I can"

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 the Life Skill Word and complete the tasks outlined in order to receive their Red stripe.

Life Skill Word: Belief

Definition: Yes I can!

One thing I think I am very good at is _____.

Consistency Practice

Parents: To help your student earn their red stripe, please have them practice their warrior combos at home five days in a row.). Complete the task 5 days in a row. Complete this sheet for your red stripe.

Warrior Combo Practice	Days Completed.				
#1- Jab, (front hand punch) #2- Jab, Cross (front hand, then back hand punch)					

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: _____

