



White / Orange / Yellow Belt Student Stripe Sheet
March/ April 2018



What do I need to do in order to TEST?

Stripe Requirements

- 1) This Cycle's Basic Movements, Protocol, and Oath
- 2) Form ****Ask Instructor about requirements***
- 3) Sparring Pad Drills and Self Defense
- 4) Homework Sheet/Registered for Testing**

**** This is a separate document that students must complete to test!**

Stripe 1: Basics Movements and Protocol for Cycle 2

This cycle's pattern (Songahm #1) is made up of the following moves. Please practice each move at home, as well as the Oath we say at the start and end of class to earn your first stripe. This stripe is usually earned in weeks 3 or 4 of the testing cycle.

High Block
Low Block
Inner Forearm Block
#1,2, 3 Side Kick

Reverse Punch
Step and Punch
Knifehand Strike
#1,2,3 Front Kick

PROTOCOL AND OATH

Sir/Ma'am,

I will practice in the spirit of Taekwondo,
With Courtesy for fellow students,
Loyalty for my instructors, and Respect
for my juniors and seniors Sir/Ma'am.

Sir/Ma'am,
I shall live with perseverance in the spirit
of taekwondo, having honor with others,
Integrity within myself, and Self Control
in my actions Sir/Ma'am.

Basic Class Protocol List
Stand Like a Black Belt
Raise My Hand If I Have a Question
Respond To Instructor With Yes Sir!/ Ma'am
What Are My Pre-Class Expectations?
Should I Use My Martial Arts on my Friends/Siblings/Pets? NO!

STRIPE 2- FORM (NAME: SONGAHM #1)

#	Side	Technique	Stance	Target
1	L	High Block	F	H
2	R	Reverse Punch	F	M
3	R	#2 Front Kick	-	M
4	R	Low Block	F	L
5	L	Step and Punch	F	M
6	R	Inner Forearm Block	M	H
7	R	#3 Side Kick -Ki-hap	-	M
8	R	Knifehand Strike	M	M
9	L	Punch	F	H
10	R	High Block	F	H
11	L	Reverse Punch	F	M
12	L	#2 Front Kick	-	M
13	L	Low Block	F	L
14	R	Step and Punch	F	M
15	L	Inner Forearm Block	M	H
16	L	#3 Side Kick -Ki-hap	-	M
17	L	Knifehand Strike	M	M
18	R	Punch	F	H

White belt students must do moves 1-9

Stripe 3: Sparring Drills/ Self Defense

Self Defense

The goal for all Thrive Color Belt Self Defense is to teach our students to “get away and stay safe!” This cycle, students will be practicing a defense to a **head lock**. Your instructor will give you a number of options to defend this attack.

Warrior Combos

In the intermediate class (camo, green, and purple belt) students begin free sparring. In the beginning class, our goal is to being to introduce our students to drills and concepts that will help prepare them to spar! This cycle, students will be tested on the following drills:

- Jab (Front Hand Punch)
- Cross (Back Hand Punch)
- Jab/Cross Combo



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



Camo/Green/Purple Belt Students
March/ April 2018



What do I need to do in order to TEST?

Stripe Requirements:

- 1) This Cycle's Basic Movements
- 2) Demonstrating Proficiency in your Form
- 3) Sparring/Board Breaks/ Self Defense
- 4) Homework Sheet/Registered for Testing**

**** This is a separate document that students must complete to test!**

Stripe 1: Basic Movements for Cycle 1

Students will be asked to demonstrate:

Twin Inner Forearm Block
Reverse Side Kick
#2 Round Kick
#3 Jump Front Kick

Sparring Stance
Middle Stance
Front Stance

Stripe 2: Form

Form Name: Songahm #4*

You should get this stripe within 2 weeks of testing.

*Kid's Class will only perform moves 17-31

#	Side	Technique	Stance	Target
1	B	Twin Inner Forearm Block	M	H
2	L	Punch	M	M
3	R	Punch	M	M
4	L	Double Outer Forearm Block	S	H
5	R	#2 Round Kick	-	M/H
6	L	Reverse Side Kick	-	M/H
7	L	Back Fist -Ki-hap	M	H
8	R	Low Block	F	L
9	R	Inner Forearm Block	F	H
10	L	Reverse Punch	F	H
11	L	#2 Side Kick	-	M/H
12	L	Knifehand Strike	M	M
13	B	Twin Inner Forearm Block	B	H
14	L	#3 Jump Front Kick	-	M/H
15	R	#2 Front Kick	-	M/H
16	R	Double Outer Forearm Block	S	H

#	Side	Technique	Stance	Target
17	L	#2 Round Kick	-	M/H
18	R	Reverse Side Kick	-	M/H
19	R	Back Fist	M	H
20	L	Low Block	F	L
21	L	Inner Forearm Block	F	H
22	R	Reverse Punch	F	H
23	R	#2 Side Kick	-	M/H
24	R	Knifehand Strike -Ki-hap	M	M
25	B	Twin Inner Forearm Block	B	H
26	R	#3 Jump Front Kick	-	M/H
27	L	#2 Front Kick	-	M/H
28	L	Double Outer Forearm Block	S	H
29	B	Twin Inner Forearm Block	M	H
30	R	Punch	M	M
31	L	Punch	M	M

Stance: F=Front,
M=Middle, B=Back,

Stripe 3: Sparring, Board Breaks, and Self Defense

Sparring

At Camouflage Belt, we begin **SPARRING!**

This is a fun, exciting part of your Taekwondo training. Sparring requires full ATA safety gear which includes:

- ATA headgear
- ATA handpads
- ATA Footpads
- ATA Chest Protector
- ATA face Shield
- mouthpiece
- Athletic Cup (For Males)

At Intermediate Ranks, the goal of sparring is to begin to use your taekwondo kicks, strikes, and blocks in a fluid, self defense setting. We understand that camo, green and purple belts are new to sparring, and will be sure to go over all the rules and expectations of sparring in class. At this level, sparring is a REQUIREMENT to advance to the next belt. If you have any questions, please ask your instructor!!

Board Breaks

Your practice board break is: **#2 Side Kick**

Board Breaks are an exciting and challenging part of Taekwondo training! The goal of board breaking is to demonstrate “Power on Command”, or having the power available when you need it. For this reason, students are only given 3 attempts to break their boards during testing. When students see that they can use their Taekwondo to defend themselves, their excitement and confidence go through the roof! Board breaks at testing are an “exhibition” and a successful break is not REQUIRED until Blue Belt.

Warrior Combos

In order to start preparing our students for black belt testing, we will practice the punch, punch, kick set from the black belt test.

(Right foot in front) Right punch, left punch, right round kick
(Right foot in front) Right punch, left punch, switch feet, left round kick

Self-Defense

The goal for all Thrive Color Belt Self Defense is to teach our students to “get away and stay safe!” This cycle, students will be practicing a defense to a **head lock**. Your instructor will give you a number of options to defend this attack.

Students- The goal of this sheet is to provide an overview, of what is required to earn your next belt at testing. Please remember that NOTHING can replace regularly attending class, however, if you should have to miss class for any reason, this sheet, along with private lessons or purchasing a curriculum dvd from the front desk can help keep you on track! **Lastly, please don't forget to complete your homework paper, and turn it in, along with your testing payment for your forth stripe! Don't wait until the last minute as the homework sheet can take many days to complete!**

Parents- At Intermediate level, the material becomes significantly more challenging! If you find your student is struggling in ANY way, please come talk to us so we can help support you and your child! Intermediate class is a GREAT time to consider our Leadership Training Program so that your student gets even more class time!

We look forward to an exciting cycle with you!- Thrive Martial Arts



Blue/Brown/Red Belt Students

March / April 2018



What do I need to do in order to TEST?

Stripe Requirements:

- 1) This Cycle's Basic Movements
- 2) Demonstrating Proficiency in your Form
- 3) Sparring/Board Breaks/ Self Defense
- 4) Homework Sheet/Registered for testing**

**** This is a separate document that students must complete to test!**

Stripe 1: Basic Movements for Cycle 1

Students will be asked to demonstrate:

Horizontal Elbow Strike
Inner Crescent Kick
Back Elbow Strike
Repeat Round Kick

Square Block
Front Kick/Side Kick Combo
Vertical Punch
High/Low Block

Form Name: In Wha #1*

Stripe 2: Form

***Kid's Class will only perform moves 24-44**

#	Side	Technique	Stance	Target	#	Side	Technique	Stance	Target
1	L	Double Knifehand Block	B	H	23	R	Vertical Punch	F	H
2	R	Reverse Horizontal Elbow Strike	F	M	24	L	Punch-Ki-hap	B	M
3	R	#2 Inner Crescent Kick	-	H	25	L	Knifehand Strike	B	H
4	L	Reverse Side Kick	-	M/H	26	R	Front High/Low Block	C	H/L
5	L	Vertical Back Elbow Strike	B	M	27	L	Double Knifehand Block	B	H
6	R	Double Outer Forearm Block	S	H	28	R	Horizontal Reverse Spearhand	B	H
7	L	#2 Round Kick	-	L	29	L	Outer Crescent Kick	-	M/H
8	L	Repeat Round Kick	-	H	30	R	Single Outer Knifehand Block	M	H
9	L	Double Outer Forearm Block	S	H	31	L	Punch	M	M
10	R	Double Knifehand Block	B	H	32	L	Square Block	B	H
11	L	Reverse Horizontal Elbow Strike	F	M	33	R	#2 Front Kick	-	M/H
12	L	#2 Inner Crescent Kick	-	H	34	R	Side Kick-Ki-hap	-	M/H
13	R	Reverse Side Kick	-	M/H	35	R	Reverse Vertical Punch	F	M
14	R	Vertical Back Elbow Strike-Ki-hap	B	M	36	L	Vertical Punch	F	H
15	L	Double Outer Forearm Block	S	H	37	R	Punch	B	M
16	R	#2 Round Kick	-	L	38	R	Knifehand Strike	B	H
17	R	Repeat Round Kick	-	H	39	L	Front High/Low Block	C	H/L
18	R	Double Outer Forearm Block	S	H	40	R	Double Knifehand Block	B	H
19	R	Square Block	B	H	41	L	Horizontal Reverse Spearhand	B	H
20	L	#2 Front Kick	-	M/H	42	R	Outer Crescent Kick	-	M/H
21	L	Side Kick	-	M/H	43	L	Single Outer Knifehand Block	M	H
22	L	Reverse Vertical Punch	F	M	44	R	Punch	M	M

Stripe 3: Sparring, Board Breaks, and Self Defense

Sparring

At this point, your student has been sparring for over 6 months. Students should be comfortable with sparring basics (blocking, movement, combinations of moves), and should be advancing to more difficult concepts. In order to pass the sparring portion of testing, advanced students are expected to demonstrate:

- Blocking/Movement Proficiency
- Ability to read when to attack, and when to block
- Ability to successfully execute rank level techniques in sparring (example: Jump Kicks)

For more information, please see your instructor!

Board Breaks

Your breaks are **(2 breaks) :#2 Side Kick AND Reverse Side Kick**

Board Breaks are an exciting and challenging part of Taekwondo training. Board Breaking helps you to demonstrate “Power on Command”, or having the power available when you need it. For this reason, you are only given 3 attempts to break your boards during testing.

Warrior Combos

In order to start preparing our students for black belt testing, we will practice the punch punch kick set from the black belt test.

(Right foot in front) Right punch, left punch, right round kick

(Right foot in front) Right punch, left punch, switch feet, left round kick

Self-Defense

The goal for all Thrive Color Belt Self Defense is to teach our students to “get away and stay safe!” This cycle, students will be practicing a defense to a **head lock**. Your instructor will give you a number of options to defend this attack.

Reminder: 9 Steps to Black Belt

Students- Do not procrastinate on your 9 Steps binder. You will need to have this completed in order to test for 1st Degree Black Belt Decided. Please be sure to ask your instructor if you have any questions!

Parents- At advanced level, the material becomes significantly more challenging! If you find your student is struggling in ANY way, please come talk to us so we can help support you and your child! Advanced class is a GREAT time to consider our Leadership Training Program so that your student can be their very best!

We look forward to an exciting cycle with you!- Thrive Martial Arts



Thrive Martial Arts

www.ThriveATA.com



1st Degree Black Belt Recommended

Congratulations! You are almost to your goal of being a 1st Degree Black Belt Decided (1BD). Because Black Belts are looked upon differently than a colored belt, the expectations of a Black Belt are higher as well. You will be testing for your black belt alongside all other Thrive black belt candidates, and we want your big day to be a success, so don't be surprised by the increased intensity in your classes!

Requirements:

- **Form:** Your form should be sharp and as perfect as you are capable. We are looking for small improvements: lower stances, more snap in technique, starting points, ending points, penetration, timing, etc. You will perform **Choong Jung #2** at your testing.
- **Board Breaks: Back Elbow, Jump Side Kick (1 obstacle)**
For those unable to do the obstacle break, Step forward reverse side kick (middle section) is an acceptable replacement kick.
- You will be breaking wood boards for this testing .
Wood Boards: Males age 14 and over will break 2 boards at each station. Women and children will break 1 board at each station. Boards are #2 Pine, 1x12. Board lengths are listed below:
Age 8 & under = 7" length
9-12 = 9" length
13 & older = 11" length
- **Sparring:** You will be required to spar during testing.
- **Self-Defense:** You will be required to perform the self-defense taught in advanced class this cycle. Please see a advanced sheet for more details.
- **9 Steps to Black Belt:** These are due at testing, keep working on them! Please ask your instructor if you have any questions.

Testing Information:

The next Black Belt Testing opportunity will be April 21st 2018.

Please stay tuned as new announcements about testing become available.

Testing Cost: (Red/Black-> Black \$125)

Please note: If you have not yet started your black belt note book, PLEASE see your instructor immediately!!

Your Form: Choong Jung #2

#	Side	Technique	Stance	Target
1	R	Knifehand Square Block Tension	B	H
2	L	Knifehand Square Block Tension	B	H
3	L	Low Block	B	L
4	R	Reverse Punch	B	M
5	R	Low Block	B	L
6	L	Reverse Punch	B	M
7	L	#2 Round Kick	-	M/H
8	L	Side Kick	-	M/H
9	L	Double Inner Forearm Block	F	H
10	R	Reverse Upset Punch	F	M
11	R	Palm Heel Strike Ki-hap	B	H
12	L	Reverse Palm Heel Strike	B	H
13	L	#2 Front Kick	-	M/H
14	R	Horizontal Back Elbow	M	H
15	R	Knifehand Square Block	B	H
16	L	Double Outer Forearm Block	B	H
17	L	#3 Jump Round Kick	-	M/H
18	L	Double Outer Forearm Block	S	H
19	R	Double Knifehand Low Block	R	L
20	R	Upset Ridgehand Strike	M	M
21	L	Reverse Hook Kick Ki-Hap	-	M/H
22	R	Reverse Punch	B	M
23	L	Ridgehand Strike	B	H
24	R	#2 Round Kick	-	M/H
25	R	Side Kick	-	M/H
26	R	Double Inner Forearm Block	F	H
27	L	Reverse Upset Punch	F	M
28	L	Palm Heel Strike	B	H
29	R	Reverse Palm Heel Strike	B	H
30	R	#2 Front Kick	-	M/H
31	L	Horizontal Back Elbow Ki-Hap	M	H
32	L	Knifehand Square Block	B	H
33	R	Double Outer Forearm Block	B	H
34	R	#3 Jump Round Kick	-	M/H
35	R	Double Outer Forearm Block	S	H
36	L	Double Knifehand Low Block	R	L
37	L	Upset Ridgehand Strike	M	M
38	R	Reverse Hook Kick	-	M/H
39	L	Reverse Punch	B	M
40	R	Ridgehand Strike	B	H
41	B	X-Block	F	L
42	R	#2 Front Kick	-	M/H
43	B	Knifehand X-Block	F	H
44	B	X-Block	F	L
45	L	#2 Front Kick	-	M/H
46	B	Knifehand X-Block	F	H