



## 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) Warrior Combos and Self Defense
  - 4) Homework Sheet- Communication
- \*\* This is a separate document that students must complete to test!**

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### Stripe 1: Basics Movements and Protocol for Cycle 4

This cycle's pattern (Songahm #3) 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.

- |                          |                            |                  |
|--------------------------|----------------------------|------------------|
| • Double Knifehand Block | Spear Hand Strike          | Round Kick       |
| • Knifehand High Block   | #1, #2, #3 Jump Front Kick | Knifehand Strike |
| • Knifehand Low Block    | Front Kick                 | Backfist Strike  |

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### 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 #3)

#	Side	Technique	Stance	Target
1	L	Knifehand Strike	B	M
2	L	Double Knifehand Block	B	H
3	R	#4 Front Kick	-	M
4	L	#2 Round Kick	-	M
5	L	Knifehand Low Block	F	L
6	L	Knifehand High Block	F	H
7	R	Punch -Ki-hap	M	M
8	L	Punch -Ki-hap	M	M
9	R	Vertical Spearhand	M	M
10	L	Vertical Spearhand	M	M
11	R	Low Block	F	L
12	L	Reverse Punch	F	M
13	R	#3 Jump Front Kick	-	M
14	L	Reverse Punch	F	M
15	L	Low Block	F	L
16	R	Reverse Punch	F	M
17	L	#3 Jump Front Kick- Ki Hap	-	M
18	R	Reverse Punch	F	M
19	R	Knifehand Strike	M	M
20	L	Back Fist	M	M
21	L	Knifehand Strike	M	M
22	R	Back Fist	M	M
23	R	Knifehand Strike	B	M
24	R	Double Knifehand Block	B	H
25	L	#4 Front Kick	-	M
26	R	#2 Round Kick	-	M
27	R	Knifehand Low Block	F	L
28	R	Knifehand High Block	F	H

Stance: F=front, M=middle, B=back  
Target- M= middle section, H= high section

\*White Belts must learn moves 1-14

## Stripe 3: Warrior Combos / 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 **two handed choke from behind**. Your instructor will give you a number of options to defend this attack.

### Warrior Combos

ATA’s warrior combos are punching and kicking combinations where students practice putting strikes together with good flow and power. This cycle, students will be tested on the following combos:

- Jab/Cross (Front Hand Punch, Back Hand Punch)
- Low Block, Punch (sparring combo)
- Front Kick, Round Kick (sparring combo)
- Movement (Foot work for sparring)



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





Camo / **Green** / Purple Belt Students  
July / August 2018



## *I need to do in order to TEST?*

### **This cycles' stripe requirements:**

- 1) This cycle's basic movements
- 2) Demonstrating proficiency in your form
- 3) Sparring/ Self Defense
- 4) Homework Sheet- Communication
- \* **This is a separate document that students must complete to test**
- 5) Board break stripe

### **Stripe 1: Basic Movements for Cycle 4**

Students will be asked to demonstrate:

Twin Outer Forearm Block  
Twin Inner Forearm Block  
Ridgehand Strike  
Reverse Side Kick

Sparring Stance  
Middle Stance  
Front Stance  
Back Stance

### **Stripe 2: Form**

### **Form Name: Songahm #5**

#	Side	Technique	Stance	Target	#	Side	Technique	Stance	Target
1	B	Twin Outer Forearm Block	F	H	18	B	Twin Outer Forearm Block	F	H
2	L	#2 Front Kick	-	M/H	19	R	#2 Front Kick	-	M/H
3	R	Reverse Ridgehand Strike	F	H	20	L	Reverse Ridgehand Strike	F	H
4	L	#1 Round Kick	-	M/H	21	R	#1 Round Kick	-	M/H
5	L	Double Knifehand Block	B	H	22	R	Double Knifehand Block	B	H
6	R	Outer Forearm Block	F	H	23	L	Knifehand High Block	F	H
7	R	Low Block	F	L	24	L	Knifehand Low Block	F	L
8	R	Punch	M	M	25	R	Rvrse Horizontal Spearhand Strike Ki-hap	F	M
9	R	Inner Forearm Block	M	H	26	L	Double Knifehand Block	M	H
10	R	#3 Side Kick Ki-hap	-	H	27	L	#3 Side Kick	-	M/H
11	B	Twin Low Block	M	L	28	B	Twin Low Block	M	L
12	B	Twin Inner Forearm Block	M	H	29	B	Twin Inner Forearm Block	M	H
13	L	Double Outer Forearm Block	S	H	30	R	Double Outer Forearm Block	S	H
14	L	#1 Front Kick	-	M/H	31	R	#1 Front Kick	-	M/H
15	R	Reverse Punch	S	H	32	L	Reverse Punch	S	H
16	L	Step Reverse Side Kick	-	M/H	33	R	Step Reverse Side Kick	-	M/H
17	L	Double Outer Forearm Block	S	H	34	R	Double Outer Forearm Block	S	H

Stance: F=Front, M=Middle, B=Back, S=Sparring, C=Closed, R=Rear Target: H=High, M=Middle, L=Low

**Kid's class will only be required to demonstrate moves 17-34**



# Stripe 3: Sparring 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 replaces the one-steps, and is a REQUIREMENT to advance to the next belt. If you have any questions, please ask your instructor!!

## 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 **two handed choke from behind**. Your instructor will give you a number of options to defend this attack.

## Warrior Combo

#1- Left Punch, Right Punch, Right #2 Round Kick

#2- Left Punch, Right Punch, Switch Round Kick

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## Stripe 5: Board Break (Colored Stripe)

Your practice board break is: **Ridgehand Strike**

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 about taekwondo goes through the roof! Board breaks at testing are an “exhibition” and are not REQUIRED until Blue Belt. This stripe will be colored, and will represent what color board you will be required to break at testing.

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Students- The goal of this sheet is to provide a syllabus, or 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!**





## What do I need to do in order to TEST?

This cycles' stripe requirements:

- 1) This cycle's basic movements
- 2) Demonstrating proficiency in your form
- 3) Sparring / Self Defense
- 4) Homework Sheet - Communication
- \*\*This is a separate document that students must complete to test!**
- 5) Board break stripe

### Stripe 1: Basic Movements for Cycle 4

Students will be asked to demonstrate:

X Block  
Twin Upset Punch  
Upward Elbow Strike  
Ridge hand Block  
Hook Kick  
Hook/ Round Kick Combo

Front Stance  
Middle Stance  
Back Stance  
Sparring Stance

### Stripe 2: Form - In Wha # 2

#	Sid	Technique	Stanc	Targe
1	B	X-Block	F	L
2	B	Twin Upset Punch	F	M
3	R	Jump Front Kick	-	M/H
4	L	Reverse Upward Elbow Strike	F	H
5	R	Punch	F	H
6	L	Ridgehand Block	M	H
7	L	Knifehand Low Block	M	L
8	L	#3 Hook Kick	-	M/H
9	L	Round Kick	-	M/H
10	L	Back Fist	M	M
11	L	Knifehand Strike	M	H
12	B	X-Block	F	L
13	B	Twin Upset Punch-Ki-Hap	F	M
14	L	Jump Front Kick	-	M/H
15	R	Reverse Upward Elbow Strike	F	H
16	L	Punch	F	H
17	R	Ridgehand Block	M	H
18	R	Knifehand Low Block	M	L
19	R	#3 Hook Kick	-	M/H
20	R	Round Kick	-	M/H
21	R	Back Fist	M	M

#	Side	Technique	Stanc e	Targe t
22	R	Knifehand Strike	M	H
23	L	Knifehand Low Block-Ki-Hap	C	L
24	L	#1 Side Kick	-	M/H
25	L	#3 Hook Kick	-	M/H
26	L	Double Knifehand Block	B	H
27	R	Knifehand Square Block	B	H
28	L	Reverse Upset Knifehand Strik	B	H
29	R	Punch	B	M
30	B	Head Grab	F	H
31	L	Knee Strike	-	M
32	R	Side High/Low Block	M	H/L
33	R	Knifehand Low Block-Ki-Hap	C	L
34	R	#1 Side Kick	-	M/H
35	R	#3 Hook Kick	-	M/H
36	R	Double Knifehand Block	B	H
37	L	Knifehand Square Block	B	H
38	R	Reverse Upset Knifehand Strik	B	H
39	L	Punch	B	M
40	B	Head Grab	F	H
41	R	Knee Strike	-	M
42	L	Side High/Low Block	M	H/L



## 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!

### 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 **two handed choke from behind**. Your instructor will give you a number of options to defend this attack.

### Warrior Combo

- #1- Left Punch, Right Punch, Right #2 Round Kick
- #2- Left Punch, Right Punch, Switch Round Kick

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## Stripe 5: Board Breaks

Your break is: **Step Up Jump Front 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.

Remember- muscles don't break boards - proper technique, speed, and penetration break boards.

Your/your child's instructor will determine which “color” board is appropriate for your child's age, size, and belt level. For more information please see your instructor.

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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 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 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 joining our Leadership program!





# Thrive Martial Arts

## 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 precise 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 (Rear Choke).
- **9 Steps to Black Belt:** These are due at testing, keep working on them! Please ask your instructor if you have any questions.
- **Fitness Workout/ Test-** Students testing for black belt will participate in a fitness workout the day of testing before testing. See your instructor for more details.

### Testing Information:

The next black belt testing opportunity will be at the Thrive black belt testing August 18th 2018 at the Windsor Rec Center.

The black belt workout (optional for black belt midterms, required for rank testers) will be 10am-12pm at the Windsor Thrive location.

Testing/Midterming will be at the Windsor Rec Center at 2 pm. The black belt ceremony will be immediately following testing at Thrive- Windsor.

### 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