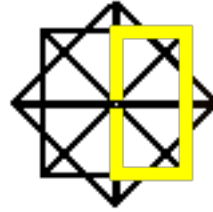


## Basic Taekwondo Skills and Memorization

- Two Tiger Patterns (Short Forms)
- Cycle #4 Basic Techniques
- Tiger Warrior Combos 1,2 and 3



Cycle 4	Basics List
Double Knifehand Block	Vertical Speer Hand Strike
Knifehand Low Block	Back Stance
Knifehand High Block	Jump Front Kick

## Self Defense-

- Knowledge of Full Home Address



## Physical Skills/ Athletic Development

- Core Strength



## Social Interaction Training

- Following Directions



## Life Skills / Values Development

- Respect



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



Double Knifehand  
Block



Knifehand High  
Block



Knifehand Low  
Block



Speer Hand Strike



Back Stance

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

### Physical Skills/ Athletic Development

#### “Core Strength”

A healthy and strong core is the basis of fitness! This cycle our Tigers will focus on developing core strength.

-and-

### Social Interaction Training

#### “Following Directions ”

The student will show their instructor that they can follow multiple directions, such as put away shoes and line up.

### Self Defense

#### “Address”

Tigers will practice using knowing their home address in case of an emergency.

### **Tiger Patterns**

#1-

(Step Back w/ Right Foot, Hands Up

Jab, Cross

Left #1 Jump Front Kick

Right #2 Jump Front Kick

Double Knifehand Block

### Stripe 3-”Memory Stripe”

#2-

Left Knifehand Low Block

Right Reverse Speer Hand

Left #3 Jump Front Kick

Right Reverse Punch

Step Up, Right Knifehand Low

Right Knifehand High

### Warrior Combos

- #1- Left Hand Jab, Right Hand Cross
- #2-Slip Left, Jab, Cross
- #3- Slip Right, Cross, Jab

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

# Thrive Tiger Lifeskill: Respect

## "It's not what you know, it's what you do!"

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: Respect**

Definition: It's not what you know, it's what you do!

### **Respect in all aspects of our lives**

Parents: To help your student earn their red stripe, please have complete the sentences below!

I show respect to my parents at home by \_\_\_\_\_.

I show respect at school by \_\_\_\_\_.

I show respect at Taekwondo 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: \_\_\_\_\_

