



Cycle 4 - July / August 2018 - Advanced Tigers

Basic Taekwondo Skills and Memorization

- Two Tiger Short Forms
- Cycle 4 Basic Techniques



Double Knifehand Block	Vertical Speer Hand Strike
Knifehand Low Block	Back Stance
Knifehand High Block	Jump Front Kick

Self Defense Focus

- Knowledge of Address

Physical Skills/Athletic Development

Core Strength

Social Interaction Training

- Following Directions

Life Skill/ Values Development

Respect

Advanced Tiger Bonus Material

- Pattern: Advanced Tiger #1 (Camo #2)
- Board Break: Knifehand Strike
- Thrive Weapons Training: Ssang Jeol Bong

