



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

Stripe 1: Basics Movements and Protocol for Cycle 6

This cycle's pattern (Songahm #2) 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.

Students will be asked to demonstrate:

Double Outer Forearm Block
Twin Low Block
Outer Forearm Block
#2 Round Kick

#3 Front Kick
Reverse Punch
Knifehand Strike
Back Fist Strike

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 #2)

Stripe 3: Warrior Combos / Self Defense

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

** White Belts only learn moves 1-12

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 **rear bear hug**. 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:

- #1- Jab/ Cross (Front Hand Punch, Back Hand Punch)
- #2- Cover High - Jab / Cross
- #3- Cover Low- Jab/ Cross



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



Camo / Green / Purple Belt Students
November / December 2018



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- Honesty
- * This is a separate document that students must complete to test
- 5) Board Break Stripe (Colored Stripe that represents board to break at testing)

Stripe 1: Basic Movements for Cycle 6

Students will be asked to demonstrate:

Twin Inner Forearm Block
Reverse Side Kick
#2 Side Kick
Back Stance
Front Stance

#2 Round Kick
Inner Forearm Block
#3 Jump Front Kick
Sparring Stance
Middle Stance

Stripe 2: Form

Form Name: Songahm #4

#	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 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 **bear hug from behind**. Your instructor will give you a number of options to defend this attack.

Warrior Combos

In order to prepare for black belt testing, students will practice striking drills from the black belt fit test:

15 Sets of Jab, Jab/ Cross followed by 15 power round kicks (Repeat on opposite side of body)

Stripe 5: Board Break (Colored Stripe)

Your practice board break is: **#2 Round 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 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.

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 - Honesty
****This is a separate document that students must complete to test!**
- 5) Board Break Stripe

Stripe 1: Basic Movements for Cycle 6

Students will be asked to demonstrate:

Upset Palm Block	Knifehand Side/High Low Block
#1 Side Kick	Front Kick/Round Kick Combo
Upset Knifehand Strike	Double Knifehand Low Block
Upset Ridgehand Strike	#3 Jump Outer Crescent Kick
X Block	Step Up #1 Jump Side Kick
Double Outer Forearm Low Block	Rear Stance

Stripe 2: Form

Choong Jung #1

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

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

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 **bear hug from behind**. Your instructor will give you a number of options to defend this attack.

Warrior Combos

In order to prepare for black belt testing, students will practice striking drills from the black belt fit test:

15 Sets of Jab, Jab/ Cross followed by 15 power round kicks (Repeat on opposite side of body)

Stripe 5: Board Breaks

Your breaks are (2 breaks) : **Knifehand Strike**
Round 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 instructor will determine which “color” board is appropriate for your child's age, size, and belt level. For more information please see your instructor.

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 Bear Hug).
- **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.

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

Testing Information:

Thrive December Testing Information - Saturday, Dec 1st

Mandatory Black Belt Workout- 10am-12pm @ Thrive Windsor

Black Belt Testing- 2PM @ Windsor Rec Center

Ceremony- Immediately following testing @ Thrive Windsor