

Cycle 6 - November / December - Advanced Tigers

Basic Taekwondo Skills

- Lifeskill Short Patterns (2 Basic, 1 Advanced)
- Cycle 6 Basics Techniques
- Warrior Combos 1 and 2



Cycle 2	Basics List
#2 Round Kick	#1 Round Kick
Low Block	Double Outer Forearm Block
Twin Low Block	Back Fist Strike

Self Defense-

- Knowledge of Phone Number

Physical Skills/Athletic Development

Left / Right Side Strength

Social Interaction Training

- Waiting in Line

Life Skill/ Values Development

Honesty



Advanced Tiger Bonus Material

- Pattern: Advanced Tiger Pattern #1
- Board Break: Elbow Strike
- Sparring Concept: Repeat Kicks

Advanced Tiger Pattern

- Back Fist Strike
- Step up #3 Hook Kick
- Reverse Crescent Kick
- #2 Jump Round Kick
- Reverse Punch

Thrive Tiger Lifeskill: Honesty

“The First Step to an Abundant Life”

Dear Parents;

- Thrive Weapons Training: Ssahng Jeol Bong

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 below in order to receive their red stripe.

Life Skill Word: Honesty

Tiger Saying: The first step to an abundant life!

This cycle we will talk about how being honest is the first step towards being a great tiger! Telling our parents the truth helps them trust us to try new things and explore!

Honesty

Parents: To help your student earn their red stripe, please have complete the sentences below, which focuses on three places to be honest- at home, school, and taekwondo class!

I show honesty at home by _____.

I show honesty at school by _____.

I show honesty at Taekwondo by _____.

Intent to Promote

Student’s Name: _____

Parents, please complete this portion, then submit 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: _____

