

Basic Taekwondo Skills and Memorization

- Basic Patterns #1 and #2
- Cycle 1 Basics

Cycle 1	Basics List
Double Knifehand Block	Vertical Speer Hand Strike
Knifehand High Block	Back Stance
Knifehand Low Block	



Self Defense Focus

Pick up Defense

Physical Skills/Athletic Development

Crossing Center Line

Social Interaction Training

Healthy Habits

Life Skill/ Values Development

Discipline

Advanced Tiger Bonus Material

- Pattern: Purple Belt Sparring Segment #1
- Board Break: Jump Front Kick
- Sparring Concept: Combos
- Thrive Weapons Training: Combat Sparring

