



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) Sparring Pad Drills and Self Defense
- 4) Homework Sheet/Registered for Testing**

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

Stripe 1: Basics Movements and Protocol for Cycle 1

This cycle's pattern (Songahm #3) 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.

- Double Knifehand Block
- Spear Hand Strike
- Round Kick
- Knifehand High Block
- #1, #2, #3 Jump Front Kick
- Knifehand Strike
- Knifehand Low Block
- Front Kick
- Backfist 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 #3)

#	Side	Technique	Stance	Target
1	L	Knifehand Strike	B	M
2	L	Double Knifehand Block	B	H
3	R	#4 Front Kick	-	M
4	L	#2 Round Kick	-	M
5	L	Knifehand Low Block	F	L
6	L	Knifehand High Block	F	H
7	R	Punch -Ki-hap	M	M
8	L	Punch -Ki-hap	M	M
9	R	Vertical Spearhand	M	M
10	L	Vertical Spearhand	M	M
11	R	Low Block	F	L
12	L	Reverse Punch	F	M
13	R	#3 Jump Front Kick	-	M
14	L	Reverse Punch	F	M
15	L	Low Block	F	L
16	R	Reverse Punch	F	M
17	L	#3 Jump Front Kick- Ki-hap	-	M
18	R	Reverse Punch	F	M
19	R	Knifehand Strike	M	M
20	L	Back Fist	M	M
21	L	Knifehand Strike	M	M
22	R	Back Fist	M	M
23	R	Knifehand Strike	B	M
24	R	Double Knifehand Block	B	H
25	L	#4 Front Kick	-	M
26	R	#2 Round Kick	-	M
27	R	Knifehand Low Block	F	L
28	R	Knifehand High Block	F	H

White belt students must do moves 1-14

Stripe 3: Sparring Drills/ Self Defense

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 **two handed choke from the front**. Your instructor will give you a number of options to defend this attack.

Sparring Drills/ Warrior Combos

In the intermediate class (camo, green, and purple belt) students begin free sparring. In the beginning class, our goal is to begin to introduce our students to drills and concepts that will help prepare them to spar! This cycle, students will be tested on the following drills:

- Low Block, Punch
- Front Kick, Round Kick
- Movement (Foot work)
- #1 Front Kick. Jab. Cross (Warrior Combo)

Although it may feel very far away, it is never too early to start thinking about your black belt testing! In order to start setting your black belt goal, we will be practicing plank this cycle, which is part of the black belt test.

Fitness Goal: Plank- 45 Seconds





Camo/Green/Purple Belt Students
January/February 2019



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- 1) This Cycle's Basic Movements
- 2) Demonstrating Proficiency in your Form
- 3) Sparring/Board Breaks/ Self Defense
- 4) Homework Sheet/Registered for Testing**

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Stripe 1: Basic Movements for Cycle 1

Students will be asked to demonstrate:

Twin Outer Forearm Block
Twin Inner Forearm Block
Ridgehand Strike
Reverse Side Kick

Sparring Stance
Middle Stance
Front Stance
Back Stance

Stripe 2: Form

Form Name: Songahm #5*

***Kid's Class will only perform moves 1-17**

#	Side	Technique	Stance	Target	#	Side	Technique	Stance	Target
1	B	Twin Outer Forearm Block	F	H	18	B	Twin Outer Forearm Block	F	H
2	L	#2 Front Kick	-	M/H	19	R	#2 Front Kick	-	M/H
3	R	Reverse Ridgehand Strike	F	H	20	L	Reverse Ridgehand Strike	F	H
4	L	#1 Round Kick	-	M/H	21	R	#1 Round Kick	-	M/H
5	L	Double Knifehand Block	B	H	22	R	Double Knifehand Block	B	H
6	R	Outer Forearm Block	F	H	23	L	Knifehand High Block	F	H
7	R	Low Block	F	L	24	L	Knifehand Low Block	F	L
8	R	Punch	M	M	25	R	Rvrse Horizontal Spearhand Strike Ki-hap	F	M
9	R	Inner Forearm Block	M	H	26	L	Double Knifehand Block	M	H
10	R	#3 Side Kick Ki-hap	-	H	27	L	#3 Side Kick	-	M/H
11	B	Twin Low Block	M	L	28	B	Twin Low Block	M	L
12	B	Twin Inner Forearm Block	M	H	29	B	Twin Inner Forearm Block	M	H
13	L	Double Outer Forearm Block	S	H	30	R	Double Outer Forearm Block	S	H
14	L	#1 Front Kick	-	M/H	31	R	#1 Front Kick	-	M/H
15	R	Reverse Punch	S	H	32	L	Reverse Punch	S	H
16	L	Step Reverse Side Kick	-	M/H	33	R	Step Reverse Side Kick	-	M/H
17	L	Double Outer Forearm Block	S	H	34	R	Double Outer Forearm Block	S	H

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 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 is a **REQUIREMENT** to advance to the next belt. If you have any questions, please ask your instructor!!

Board Breaks

Your practice board break is: **#3 Side 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 and confidence go through the roof! Board breaks at testing are an “exhibition” and a successful break is not **REQUIRED** until Blue Belt.

Warrior Combos/ Black Belt Prep

In order to start preparing our students for black belt testing, we will practice the **plank** from black belt testing (goal- 60 seconds), as well as:

- #1 Front Kick, Jab, Cross, Knee Strike

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 **two handed choke from the front**. Your instructor will give you a number of options to defend this attack.

Students- The goal of this sheet is to provide an 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 fourth stripe! Don't wait until the last minute as the homework sheet can take many days to complete!**

Parents- At Intermediate 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! Intermediate class is a **GREAT** time to consider our Leadership Training Program so that your student gets even more class time!

We look forward to an exciting cycle with you!- Thrive Martial Arts

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- 2) Demonstrating Proficiency in your Form
- 3) Sparring/Board Breaks/ Self Defense
- 4) Homework Sheet/Registered for testing**

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Stripe 1: Basic Movements for Cycle 1

Students will be asked to demonstrate:

Horizontal Elbow Strike
Inner Crescent Kick
Back Elbow Strike
Repeat Round Kick

Square Block
Front Kick/Side Kick Combo
Vertical Punch
High/Low Block

Form Name: In Wha #1*

Stripe 2: Form

***Kid's Class will only perform moves 1-23**

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

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!

Board Breaks

Your breaks are **(2 breaks) : Vertical Punch -and- #1 Side 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.

Warrior Combos/ Black Belt Prep

In order to start preparing our students for black belt testing, we will practice the **plank** from black belt testing (goal- 90 seconds), as well as:

- #1 Front Kick, Jab, Cross, Knee Strike

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 **two handed choke from the front**. Your instructor will give you a number of options to defend this attack.

Reminder: 9 Steps to Black Belt

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 be sure to ask your instructor if you have any questions!

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 our Leadership Training Program so that your student can be their very best!

We look forward to an exciting cycle with you!- Thrive Martial Arts



Thrive Martial Arts

www.ThriveATA.com



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, and 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 perfect 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. Please see a advanced sheet for more details.
- **9 Steps to Black Belt:** These are due at testing, keep working on them! Please ask your instructor if you have any questions.

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
46	B	Knifehand X-Block	F	H

Testing Information:

The next Black Belt Testing opportunity will be April 27th 2019.

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

Testing Check in- 1:30 PM @ Windsor Rec Center

Testing Starts @ 2 PM

Belt Ceremony- Immediately Following Testing @ Thrive Windsor

Testing Cost: (Red/Black-> Black \$125)

Please note: If you have not yet started your black belt note book, PLEASE see your instructor immediately!!