

Basic Taekwondo Skills and Memorization

- Lifeskill Short Patterns (2)
- Cycle 2's Basics Techniques
- Warrior Combos 1 and 2



Cycle 2	Basics List
#2 Front Kick	Punch
High Block	Front Stance
Low Block	

Self Defense-

- Parent's Full Name



Physical Skills/ Athletic Development

- Hand/Eye Coordination



Social Interaction Training

- Standing Still



Life Skills / Values Development

- Belief



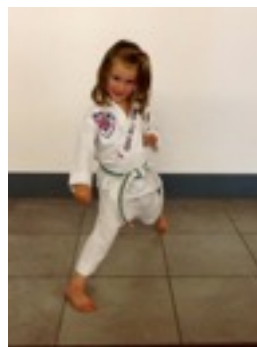
Stripe 1- “Taekwondo Basics and Warrior Combos”



Front Kick



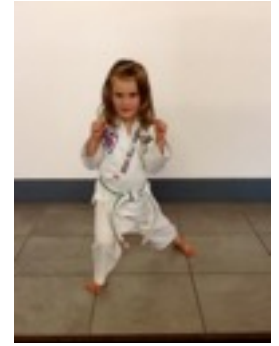
High Block



Low Block



Punch



Front Stance

Warrior Combos

• #1- Left Jab

#2-Left Jab, Right Cross

Stripe 2-”Physical/ Social Development and Self Defense”

Physical Skills/ Athletic Development

“Hand Eye Coordination”

Hand/eye coordination is essential for not only sports, but also for learning to read (eye tracking) and handwriting skills!

-and-

Social Interaction Training

“Standing Still”

Tigers will practice the challenging skill of standing still! This discipline will help prepare them to learn both in Taekwondo and in school!

Self Defense

In case your child should become separated from you, it is best for them to know your full name so that a safe adult can help them find you!

Stripe 3-”Memory Stripe”

Pattern #1

Right Foot Steps Back, Left High Block
 (No Step) Right Punch
 (No Step) Left Punch
 (No Step) Right Punch
 Double Step Back- Left Low Block

“Get Back!”
 “Leave”
 “Me”
 “Alone”
 “I’m Safe!”

Pattern #2

Right Foot Steps Back, Right Inner Forearm Block
 (No Step) Right Side Kick
 (No Step) Right Knifehand Strike
 Step Back- Left Low Block

“Belief!”
 “Yes”
 “I”
 “Can!”

Thrive Tiger Lifeskill: Belief

"Yes I can"

Dear Parents;

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 the Life Skill Word and complete the tasks outlined in order to receive their Red stripe.

Life Skill Word: Belief

Definition: Yes I can!

One thing I think I am very good at is _____.

Consistency Practice

Parents: To help your student earn their red stripe, please have them practice their warrior combos at home five days in a row.). Bring this completed sheet to class for your red stripe.

Warrior Combo Practice	Days Completed.				
#1- Jab, (front hand punch) #2- Jab, Cross (front hand, then back hand punch)					

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: _____

