

Tigers - No Belt to White Belt Requirements

Focus Skills

Listening Positions:

- 1 = Attention Stance
- 2 = Sitting down, legs crossed
- 3 = Down on one knee

Fitness Skills

- 1) Tiger Crawls
- 2) Leg Ups

Blocking Skills

- 1) High Block

Striking Skills

- 1) Punch
- 2) Front Kick
- 3) Combo

Terminology

English

Uniform
Work Out Area
Instructor
1 – 5 (counting)

Korean

Doh Bohk
Doh Jahng
Sah Bum Nihm
Hana, Dool, Set, Net, Dawset



Tigers - White Belt to Purple Stripe Requirements

Focus Skills

- 1) Horse Stance
- 2) Sparring Stance

Fitness Skills

- 1) Shoulder Tags
- 2) Crunches

Blocking Skills

- 1) Cover Block

Striking Skills

- 1) Hammer Fist
- 2) Round Kick
- 3) Combo

Terminology

English

Attention

Bow

Ready Position

1 – 10 (counting)

Korean

Cherry Utt

Kyung Yay

Choon Bee

Hana, Dool, Set, Net, Dawset, Yawset, Ilgohlp, Yadahl, Ahope, Yohl



Tigers - Purple Stripe Belt to Orange Stripe Belt Requirements

Focus Skills

- 1) Proper Fists
- 2) Joonbee

Fitness Skills

- 1) Double Mountain Climbers
- 2) Open/Close Leg Ups

Blocking Skills

- 1) Down Block

Striking Skills

- 1) Palm Strike
- 2) Axe Kick
- 3) Combo

Terminology

English

Thank You

Korean

Kahm Sa Hahm Nee Dah

Questions

Why do we bow?

To show respect and appreciation.

Why do you take Taekwondo?

To develop a strong mind, a strong body, and self defense

How do we show respect to our parents?

Listening the first time they ask you to do something and not arguing

Tigers - Orange Stripe Belt to Green Stripe Belt Requirements

Focus Skills

- 1) Front Stance

Fitness Skills

- 1) Push Ups on knee
- 2) Squats

Blocking Skills

- 1) Face Block

Striking Skills

- 1) Neck Chop
- 2) Skip Side Kick
- 3) Combo

Terminology

English

High Ranking Belt
High Block
Belt

Korean

Sun Bay Nim
Uhl Guhl Makki
Dhee

Questions

What does Taekwondo mean?

A practice using your feet, hands, and mind.

Tigers - Green Stripe Belt to Blue Stripe Belt Requirements

Focus Skills

- 1) Balance on 1 foot

Fitness Skills

- 1) Push Ups
- 2) Scissors

Blocking Skills

- 1) Single Knife Block

Striking Skills

- 1) Elbow Strike
- 2) Out to In Kick

Terminology

English

Front Kick

Round Kick

Counting 11-20

Korean

Ohp Cha Gee

Dohl Yohl Cha Gee

Yaul Hana (11), Yaul Dool (12) Yaul Set (13).....Sue Mole (20)

Questions

When do we bow?

When we come in and go out of the dojang towards the flags, and upon meeting the instructor.

Tigers - Blue Stripe Belt to Red Stripe Belt Requirements

Focus Skills

Back Stance

Fitness Skills

- 1) Mountain Climbers
- 2) Criss-Cross Crunches

Blocking Skills

- 1) Inner-wrist Block

Striking Skills

- 1) Double Punch
- 2) Jump Front Kick
- 3) Combo

Terminology

English

Down Block

Yell

Start/Begin

Korean

Ah Ray Makki

Kiahp

She Joch

Questions

How many stars and stripes are on the United States flag?

50 stars & 13 stripes