

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 Yellow Stripe Requirements

Focus Skills

- 1) Showing Proper Fists
- 2) Ready Position
- 3) Horse Stance

Fitness Skills

- 1) Shoulder Tags
- 2) Crunches

Blocking Skills

- 1) Cover Block

Striking Skills

- 1) Hammer Fist
- 2) Thrust 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 - Yellow Stripe Belt to Orange Stripe Belt Requirements

Focus Skills

- 1) Front Stance

Fitness Skills

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

Blocking Skills

- 1) Down Block

Striking Skills

- 1) Palm Strike
- 2) Round 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 Tae Kwon Do?

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

How do we show respect?

Saying yes sir/maam, Listening the first time, Using good manners



Tigers - Orange Stripe Belt to Green Stripe Belt Requirements

Focus Skills

- 1) 2 Kick Combo

Fitness Skills

- 1) Push Ups on knee
- 2) Squats

Blocking Skills

- 1) Face Block

Striking Skills

- 1) Neck Chop
- 2) Axe Kick
- 3) Combo

Terminology

English

High Ranking Belt
High Block
Belt

Korean

Sun Bay Nim
Uhl Guhl Makki
Dhee

Questions

What does Tae Kwon do mean?

A practice using your feet, hands, and mind.



Tigers - Green Stripe Belt to Blue Stripe Belt Requirements

Focus Skills

- 1) Zig Zag Front Stance

Fitness Skills

- 1) Push Ups
- 2) Scissors

Blocking Skills

- 1) Single Knife Block

Striking Skills

- 1) Elbow Strike
- 2) Horse stance Punch
- 3) Out to In Kick
- 4) Half Back 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

1-Step Sparring

#1 Block and Punch

#2 Block and Chop

#3 Block and Palm

Knows how to down block for partner

Fitness Skills

1) Mountain Climbers

2) Criss Cross Crunches

Blocking Skills

1) Innerwrist Block

Striking Skills

1) Double Punch

2) Backfist

3) Jump Front Kick

4) Skip Side Kick

Terminology

English

Down Block

Yell

Start/Begin

Korean

Ah Ray Makki

Kiahp

She Joch

Questions

How many stars and stripes are on the flag?

50 stars & 13 stripes

