

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

