

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, Ilgohip, Yadahl, Ahope, Yohl

