

## 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