

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.