

Tigers - Blue Stripe Belt to Red Stripe Belt Requirements

Focus Skills

Back Stance

Fitness Skills

- 1) Mountain Climbers
- 2) Criss-Cross Crunches

Blocking Skills

- 1) Inner-wrist Block

Striking Skills

- 1) Double Punch
- 2) Jump Front Kick
- 3) Combo

Terminology

English

Down Block

Yell

Start/Begin

Korean

Ah Ray Makki

Kiahp

She Joch

Questions

How many stars and stripes are on the United States flag?

50 stars & 13 stripes