

TIGERS CURRICULUM

| No Belt | |
|-------------------------|---|
| Striking Skills | <ul style="list-style-type: none"> ■ Punch ■ Front Snap Kick ■ Combination |
| Blocking Skills | <ul style="list-style-type: none"> ■ High Block Seated ■ High Block Sparring |
| Focus Skills | <ul style="list-style-type: none"> ■ Tiger Sparring Stance ■ Joonbe Stance |
| Physical Fitness Skills | <ul style="list-style-type: none"> ■ Leg Ups ■ Shoulder Tags |
| Knowledge | <ul style="list-style-type: none"> ■ Uniform? (Dobok) ■ Work Out Area? (Dojang) ■ What two flags are in the Dojang? (United States and Korean) |

| | White | White Yellow | White Orange | White Green | White Blue |
|-----------------------------------|--|---|---|---|--|
| Striking Skills Orange | <ul style="list-style-type: none"> ■ Palm Strike ■ Thrust Kick ■ Combination | <ul style="list-style-type: none"> ■ Hammer Fist ■ Ax Kick ■ Combination | <ul style="list-style-type: none"> ■ Neck Chop ■ Out-To-In Kick ■ Combination | <ul style="list-style-type: none"> ■ Elbow Strike ■ Round Kick ■ Combination | <ul style="list-style-type: none"> ■ Back Fist ■ Side Kick ■ Combination |
| Blocking Skills Green | <ul style="list-style-type: none"> ■ Down block Seated ■ Down block Sparring | <ul style="list-style-type: none"> ■ Cover Block Seated ■ Cover Block Sparring | <ul style="list-style-type: none"> ■ In-Out Middle Block Seated ■ In-Out Middle Sparring | <ul style="list-style-type: none"> ■ Twin Fist Block Seated ■ Twin Fist Block Sparring | <ul style="list-style-type: none"> ■ Single Knife Block Seated ■ Single Knife Block Sparring |
| Focus Skills Purple | <ul style="list-style-type: none"> ■ Horse Stance ■ One Leg Balance | <ul style="list-style-type: none"> ■ Front Stance ■ One Leg Eyes Shut Balance | <ul style="list-style-type: none"> ■ Back Stance ■ One Leg Knee Up Balance | <ul style="list-style-type: none"> ■ Tiger Stance ■ One Leg Knee Up Eyes Shut Balance | <ul style="list-style-type: none"> ■ Crane Stance ■ One Leg Knee Up Jumping |
| Physical Fitness Skills Yellow | <ul style="list-style-type: none"> ■ Scissor Leg Ups ■ Push Ups | <ul style="list-style-type: none"> ■ Crunches ■ Shoulder Tag Push Ups | <ul style="list-style-type: none"> ■ Criss Cross Crunches ■ Balance Push Ups | <ul style="list-style-type: none"> ■ Elbows and Toes ■ One Leg Push Ups | <ul style="list-style-type: none"> ■ Side Elbow and Toes ■ One Leg Shoulder Tag Push Ups |
| Knowledge | <ul style="list-style-type: none"> ■ Attention? (Chariot) ■ Bow? (Kyungye) ■ Name one time we bow? (Entering/leaving the Dojang) (To instructors and high belts) (To the flags) | <ul style="list-style-type: none"> ■ Ready Stance? (Joonbe) ■ Thank You? (Kahm Sa Ham Nee Da) ■ Why do we bow? (To show respect to others) | <ul style="list-style-type: none"> ■ Instructor? (Sa Bum Neem) ■ High Belt? (Sun Ba Neem) ■ What does Taekwondo mean? (A practice using feet – Fists and mind) | <ul style="list-style-type: none"> ■ Front Stance? (Ap Koobi) ■ Back Stance? (Dwit Koobi) ■ What do you enjoy about Taekwondo? | <ul style="list-style-type: none"> ■ High Block? (Eolgool Makki) ■ Down block? (Arae Makki) ■ What have you learned from Taekwondo? |



WHICH COLUMN DO WE LOOK AT:

You should reference the column that matches your child's CURRENT BELT, in that column you will find the curriculum they are currently studying. At a belt graduation students will demonstrate this same curriculum, then progress to the next column/belt.

