



*Little Tigers
Program*

FUN FACTS...

Taekwondo is a **Korean** martial art that was developed during the 1940s and 1950s by Korean martial artists with backgrounds in Japanese karate and Chinese martial arts.

TAE means **KICKING**

KWON means **PUNCHING**

DO means **ART** or **THE WAY**

SO...Taekwondo means the **ART of KICKING and PUNCHING!**

Taekwondo teaches SELF-DEFENSE by using KICKS, STRIKES, & BLOCKS. We also practice by using punching bags, targets, and breaking boards

Taekwondo became an Olympic Competition Sport at the 2000 Summer Olympics

Taekwondo is good for **FITNESS**, **SELF-CONFIDENCE**, **FOCUS**, **SELF-CONTROL**, **BALANCE**, & **FLEXIBILITY**

*If you work hard and listen to your instructors, you can be a **BLACK BELT** one day!*

REMEMBER TO...

- Always address your instructor at “Sir” or Ma’am”
 - Always bow when entering or leaving the mat
- Raise your hand if you have a question or statement, and wait to be called on
 - Use the restroom before class
- Take good care of your uniform and never throw your belt on the ground
 - Always be prepared for class with your belt tied
- Avoid conflict wherever possible. Taekwondo is for self-defense only
- Never use Taekwondo outside of class, unless in self-defense if there is no other option
- Always show respect to your Instructor and classmates

*****NO BULLYING ALLOWED*****

If you bully another student, you will not be allowed to participate in this program.



HOW TO TIE YOUR BELT

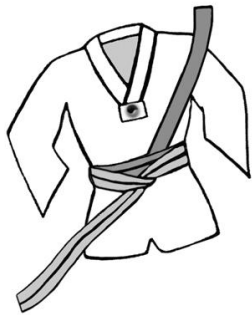
1. Take the middle of your belt and place it on your belly button.



2. Wrap the belt around your waist, bringing both ends to the front.



3. Make sure the ends are even. Put the right end over the left end.



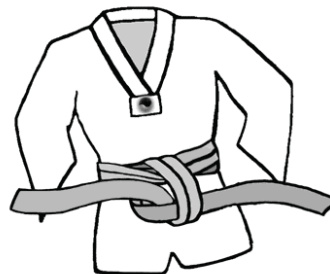
4. Now take that end and pull it up under both of the other layers.



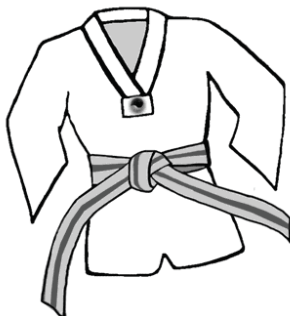
5. Make sure it is neat and snug, and then lay the top end down.



6. Curve the bottom end to make a loop.



7. Now pull the top end back up through the loop.



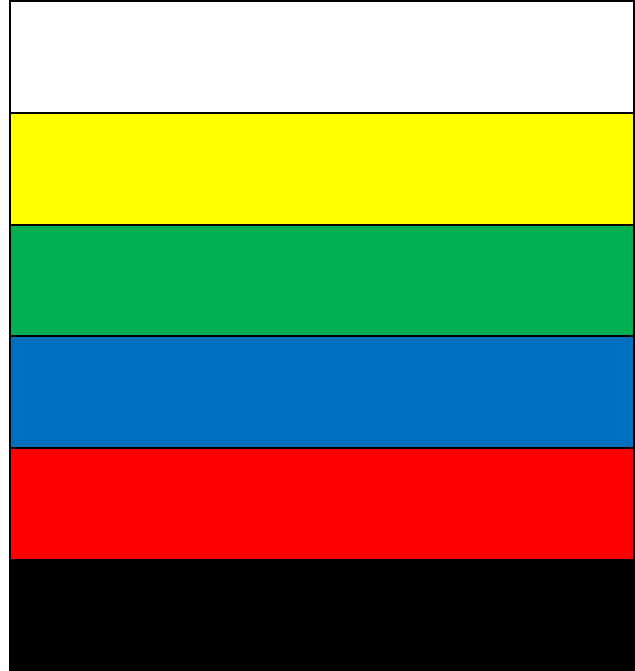
8. Pull both ends horizontally, tightening your knot.

Great Job!!!



LITTLE TIGERS BELT SYSTEM

WHITE
YELLOW STRIPE
GREEN STRIPE
BLUE STRIPE
RED STRIPE
BLACK STRIPE



Between each stripe, your child will earn **4 TIPS** that will be added to their belt. Each Tip will represent their knowledge in 4 categories.

Once your child graduates the program, he or she will test for a **solid yellow belt** and will join the Kids Program.

WHITE

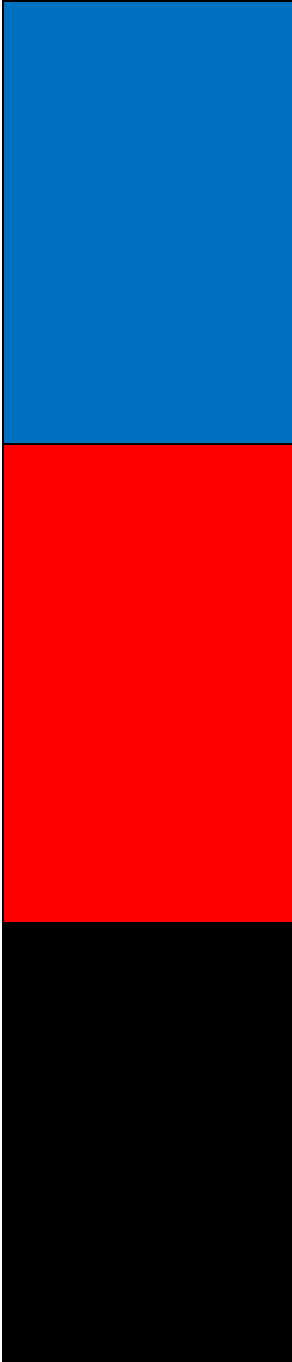
	<p><u>Stances</u> Attention Stance Ready Stance Fighting Stance</p> <p><u>Kicks</u> Front Kick</p> <p><u>Technique</u> Making a Fist</p> <p><u>Other</u> Bowling to the Mat Kihap</p>
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YELLOW STRIPE

	<p><u>Stances</u> Horseriding Stance</p> <p><u>Blocks</u> Low Block</p> <p><u>Kicks</u> Front Kick, Switch Feet</p> <p><u>Strikes</u> Middle Punch</p>
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GREEN STRIPE

	<p><u>Stances</u> Front Stance</p> <p><u>Blocks</u> High Block</p> <p><u>Kicks</u> Step Side Kick</p> <p><u>Form Part 1</u> Kicho Il Jang 1-4</p>
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BLUE STRIPE		<p><u>Strike</u> High Punch</p> <p><u>Blocks</u> High Block, Reverse Punch</p> <p><u>Kicks</u> Rear Leg Side Kick</p> <p><u>Form Part 2</u> Kicho II Jang 5-8</p>
RED STRIPE		<p><u>Blocks</u> Low Block, Reverse Punch</p> <p><u>Kicks</u> Roundhouse Kick</p> <p><u>Form Part 3</u> Kicho II Jang 9-12</p> <p><u>Form Part 4</u> Kicho II Jang 13-16</p>
BLACK STRIPE		<p><u>Strike</u> Knife Hand Strike</p> <p><u>Technique</u> Approach #1</p> <p><u>Kicks</u> Front Kick (land in front), Side Kick (land in front), Roundhouse Kick (land in front)</p> <p><u>Form Part 5</u> Kicho II Jang 17-20</p>

The yellow belt test will cover everything learned in the Little Tigers Program. If your child is younger than 7 years old and has mastered the program, they will be advanced to the kids class (Ages 7-12).