

TIGERS: Cycle 3 & 6 - Songahm Taekwondo: White - Yellow Belts

Combo Stripe

- Combo #1:** Double Outer Forearm Block, #3 Front Kick
Combo #2: #2 Round Kick, Twin Low Block
Combo #3: Single Outer Forearm Block, Punch

Form Stripe Memory of Lines

Line #1 (both sides)

- | | Stance | Section |
|-----------------------------|--------|---------|
| 1. Dbl. Outer Forearm Block | B | H |
| 2. #3 Front Kick | - | M |
| 3. Reverse Punch | F | H |
| 4. #2 Round Kick | - | M/H |
| 5. Twin Low Block | M | L |

Use the below map to understand the direction each line is done.

Line order is: #1, #2, #3

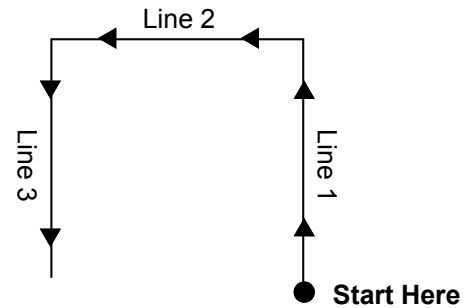
Line #2

- | | | |
|------------------------|---|---|
| 1. Outer Forearm Block | F | H |
| 2. Reverse Punch | F | H |
| 3. Outer Forearm Block | F | H |
| 4. Reverse Punch | F | H |

Line #3 (both sides)

- | | | |
|-----------------------------|---|-----|
| 1. Knifehand Strike | B | H |
| 2. #2 Round Kick | - | M/H |
| 3. Dbl. Outer Forearm Block | B | H |

Form Map



1-Step Stripe "Confidence"

Technical Move

- Right Foot Steps Back into Back Stance
- Double Outer Forearm Block
- Left Back Fist
- Right Punch
- Left Foot Steps Back
- Right Round Kick
- Jump Back and Double Block

Wording

*"Confidence,
Believing,
In,
My,
Self,
Confidence."*

Parent Stripe Improved Behavior

For a specific behavior set the by parents, to be improved by the child.
PARENTS CHOICE OF ANY BEHAVIOR.

Testing Stripe Permission Given

Once you have completed all the above requirements and turn in all kind act cards you may ask an instructor for permission to test. Once permission is given stop at the desk and register for testing.

