



SONGAHM TAEKWONDO® **흰띠** TINY TIGER WHITE BELT

TINY TIGER OATH

Saying:

To Be a Good Person
 Knowledge in the Mind
 Honesty in the Heart
 Strength in the Body
 To Be a Good Friend
 Respect Our Parents and Grandparents

Action:

Raising Right Hand Supported
 Pointing at Temple
 Placing Hand Over the Heart
 Showing Muscles in Arms
 Reaching Out as if Shaking Hands
 Facing Parents and Bowing

1ST STRIPE: BASICS

BLOCKS	STANCES	STRIKES	KICKS
<ul style="list-style-type: none"> ▪ High Block ▪ Low Block ▪ Muscle Block 	<ul style="list-style-type: none"> ▪ Ready Stance ▪ Front Stance ▪ Middle Stance 	<ul style="list-style-type: none"> ▪ Front Punch ▪ Reverse Punch ▪ Knifehand Strike 	<ul style="list-style-type: none"> ▪ Front Kick 1,2,3,4 ▪ Side Kick 1,2,3,4

2ND STRIPE: 1ST 1/2 OF FORM

(DONE WITH THE INSTRUCTOR)

The first half of the form consists of the first segment repeated on both sides of the body.

Segment 1: Front Stance, High Block, Reverse Punch, #2 Front Kick (land forward in Front Stance), Low Block, Lunge Punch

3RD STRIPE: 2ND 1/2 OF FORM & SELF DEFENSE

(DONE WITH THE INSTRUCTOR)

FORM

The second half of the form consists of the final segment repeated on both sides of the body.

Segment 2: Middle Stance, Muscle Block, #3 Side Kick – Kihap (land forward in Middle Stance), Knifehand Strike (step forward with back foot to Front Stance), Lunge Punch

SELF DEFENSE

Single Wrist Grab:

3 Foot Stomps — “Stranger! Stranger! Stranger!”

Grab Own Hand Weak Link Release,

2 Punches — “You’re not my mom! You’re not my dad!”

Single Shirt Grab:

3 Foot Stomps — “Stranger! Stranger! Stranger!”

Knuckle knock on back of the hand,

2 Punches — “You’re not my mom! You’re not my dad!”



SONGAHM TAEKWONDO® 아라 TINY TIGER ARA BELT

1ST STRIPE: 1ST ONE-STEP

(DONE WITH THE INSTRUCTOR)

Step back with right foot into left front stance,
Left high block – Get Back!
Right reverse punch – Leave!
Left punch – Me!
Right reverse punch – Alone!
Jump back hands up – I’m Safe!

2ND STRIPE: 2ND ONE-STEP

(DONE WITH THE INSTRUCTOR)

Step back with left foot into middle stance – I!
Right muscle block – Listen!
Right pick up side kick – Pay Attention!
Right knife hand – Follow Directions!
Jump back hands up – I’m A Tiny Tiger!

3RD STRIPE: 3RD ONE-STEP AND SELF DEFENSE

(DONE WITH THE INSTRUCTOR)

Step back with right foot into left front stance,
Left low block – I’m Polite!
Left pick up front kick – Treat!
Right reverse punch – Others!
Left punch – Right!
Jump back hands up – I’m A Winner!

SELF DEFENSE

Single Wrist Grab:

3 Foot Stomps — “Stranger! Stranger! Stranger!”

Grab Own Hand Weak Link Release,

2 Punches —

“You’re not my mom! You’re not my dad!”

Single Shirt Grab:

3 Foot Stomps — “Stranger! Stranger! Stranger!”

Knuckle knock on back of the hand,

2 Punches —

“You’re not my mom! You’re not my dad!”