



# WELCOME TO LITTLE TIGERS!



Name \_\_\_\_\_

Date Started \_\_\_\_\_

Instructor(s) \_\_\_\_\_

Favorite Kick \_\_\_\_\_

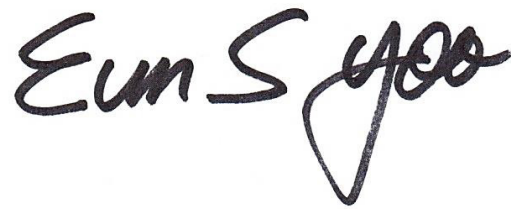
**My goal is to be a great black belt!!**



# DEDICATION

I would like to offer my sincere thanks and appreciation to the students and instructors who have contributed their time and effort to make Master Yoo's World Class Tae Kwon Do Center and this student manual a success. Truly, together we can make a difference!

Sincerely,

A handwritten signature in black ink that reads "Eun Soo Yoo". The signature is written in a cursive, flowing style with a large, sweeping flourish at the end of the name.

Master Eun Soo Yoo  
World Class Tae Kwon Do

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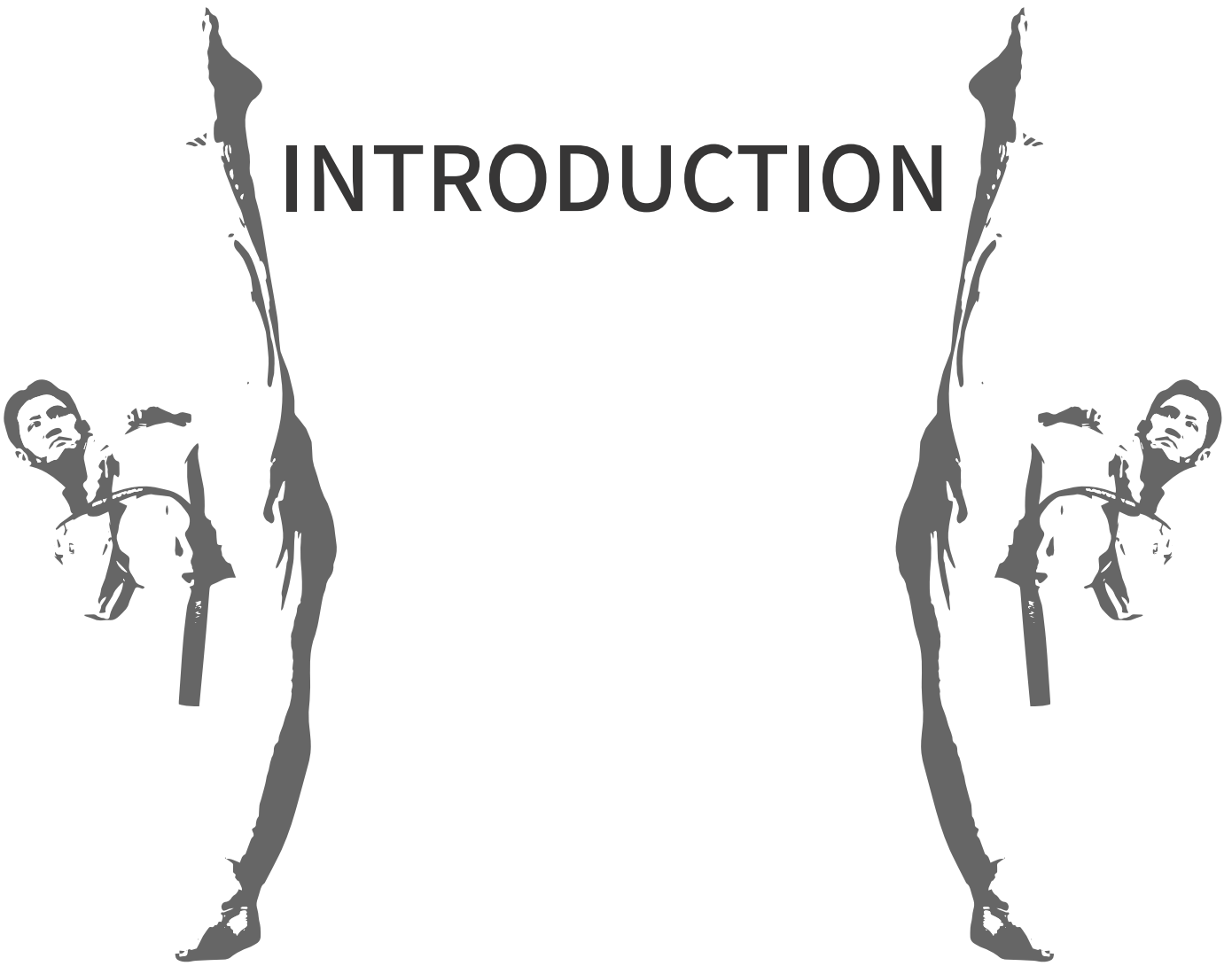
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# INTRODUCTION





# MASTER EUN SOO YOO

## Over 25 Years Experience

Master Eun Soo Yoo has earned his excellent reputation not only as an elite Tae Kwon Do athlete, but also through his dynamic teaching career.

Master Yoo is dedicated to bringing the benefits of Tae Kwon Do to students and to the local community. He and his professional staff recognize the positive impact a good teacher can have on a student. His classes offer the perfect blend of discipline and fun, taught by instructors who are patient and enthusiastic. At Master Yoo's World Class Tae Kwon Do, all instructors are committed to helping each student attain their personal best.

- 6th Degree Black Belt World Tae Kwon Do Headquarters
- 4th Degree Black Belt Korean Hapkido Association
- Bachelor of Arts Degree in Tae Kwon Do at Yong In University in Korea
- Korean Army Instructor (1996 - 1998)
- Member of Korean National Demonstration Team (1999 - 2001)
- Certificate of Appreciation from The 109th International Olympic Committee (IOC) Session, 1999
- Certificate of Appreciation from the World Tae Kwon Do Headquarters, 2000
- Head Master Instructor at World Class Tae Kwon Do Headquarters in Buffalo, NY (2000 - 2007)



# The Korean National Demonstration Team



While attending Yong In University, Master Yoo was selected to be a member of the Korean National Demonstration Team. The Korean National Demonstration Team was established in 1974, and functions as a diplomatic corps that is committed to globalizing and spreading the Tae Kwon Do culture as they tour more than 100 countries all over the world.



## Korean National Demonstration Team :

- 1999 Eastern Europe Tour - Czech Republic, Slovakia, Turkey, Bulgaria
- 1999 Latin America Tour - Brazil, Peru
- 1999 Europe and Africa Tour - Iceland, Denmark, Tunisia
- 1999 Middle East Tour - Syria, Lebanon
- 2000 University of California, Berkeley
- 2000 China Tour - Beijing University, Sorimsa, The Great Wall



Master Yoo and The Korean National Demonstration Team

# What Does "Tae Kwon Do" Mean?

*Little Tigers say...*

*TAE* means **Kick**

*KWON* means **Fist**

*DO* means **Art or way**



*All together TAE KWON DO means  
the ART of KICKING, PUNCHING, and BLOCKING !*

# What makes Little Tigers special?

## *We are always RESPONSIBLE!*

- We come to class consistently 2 times per week
- We take care of our Tae Kwon Do uniform and belt



## *We are always RESPECTFUL!*

- We always bow and greet our instructors
- We always answer with “Yes, Sir” or “Yes, ma’am”
- We practice or sit quietly on the mat before class begins
- We keep our partners safe



## *We always FOLLOW THE RULES!*

- We do not act silly in the bathrooms or during class
- We always look at and listen to our teachers
- We always bow before stepping on and off the mat



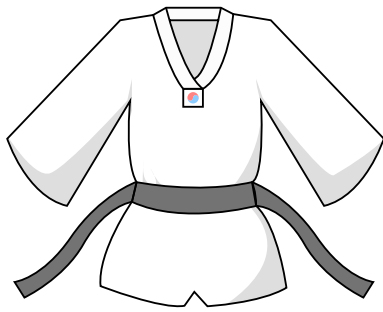
## *By doing all of these things it will help us to*

- Gain an “I can do it” attitude
- Improve behavior at home and school
- Listen better
- Become stronger
- Have fun!

# Learn How To Tie Your Belt

We work hard to earn our tips and belts so we always have to show respect to our belt.  
We can do that by making sure we know how to tie it correctly.  
Here is how we do it :

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.



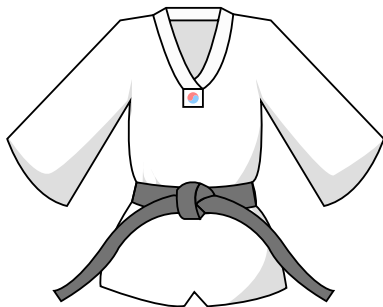
5. Make sure it is neat and snug, and then lay the top end down.



6. Curve the bottom end to make a loop.

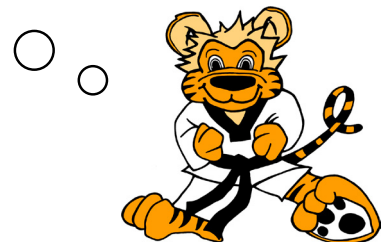


7. Now pull the top end back up through the loop.



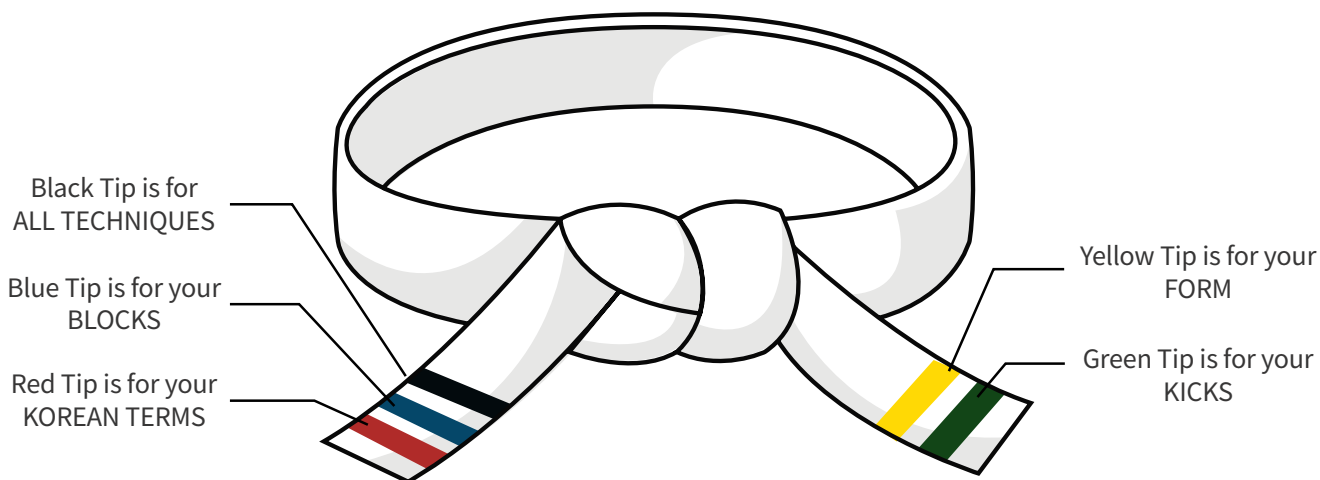
8. Pull both ends horizontally, tightening your knot.

Wow! Good job,  
you look great!





# Belts and Tips



## *How do I earn tips?*

Your teacher is always watching you to see how hard you are working in every class. When they feel that you know your kicks, blocks, steps, or words, they will check you and you will earn a tip! Because every boy and girl is unique and different, you may earn a tip at different times than your classmates. On average, lower belt students earn a tip every 2-3 classes, while higher belt students earn a tip every 3-4 classes.

## *What happens when I get all five tips?*

When you earn all five tips, you will be promoted to the next belt level. You will work to earn the same colored tips at each belt, but at each belt you will learn new words, blocks, steps, and your instructors will expect you to work even harder.

## *What happens when I get to Double Black Stripe?*

You will graduate to the White Belt class. You will attend the White Belt classes and practice all of your kicks, blocks, steps, and words to prepare for your test to Yellow Belt.

## *When do I move up to the “Big Kids Class”?*

Earning permission to attend the older children’s classes is given by the instructor. A number of factors are considered including attention span, technical ability, and the capability to work well in a larger class format. When the time is right, your instructor will advise you on when moving up is appropriate.



# PARENT'S SECTION



# Important Information

## *For Little Tiger Parents*

### ***Attendance Policy & Attendance Cards***

The best way for your child to achieve the benefits of Tae Kwon Do is to bring them to class consistently. Coming to class twice a week should allow you to see the progress and results that you and your child desire. In order for us to help you achieve the benefits you are looking for, we have an attendance card system.

Upon enrollment, your child will receive an attendance card. Prior to each class, your child should pick up their attendance card and bring it with them onto the training floor. Instructors collect the cards at the beginning of every class. Their attendance is recorded and is used by the instructors to help keep your child on track towards achieving their goals. If your child's attendance record indicates that they have not been to class during a given week, you will receive a phone call from one of the instructors. This is a courtesy call to make sure that everything is Okay and to know when they will be attending class again.

### ***Communicating with the Instructors***

We encourage you to communicate with the instructors and share your child's progress and challenges with us. Challenges, including not wanting to come to class and being bored are expected. It is important to be optimistic and encouraging. Regular attendance is the key to regular progress and is the best method of prevention. The instructors are here to help, please let us know if you have any questions or concerns at any time.

### ***Holiday Schedule***

We are closed on Memorial Day, Fourth of July, Labor Day, Thanksgiving Day and weekend, Christmas Eve, Christmas Day, New Year's Eve, New Year's day, and on the days of major school special events, such as tournaments or school picnics. We are open for most other holidays. There is an announcement board in the lobby that lists all closings and schedule changes at least two weeks prior to the event. Please call the school if you ever have a question regarding whether or not we will be open.

### ***Changing Rooms***

There are separate men's and women's changing rooms. The bathrooms located in each changing room are for students and their families only. For safety reasons, children should be supervised while in the changing rooms. There are shoe cubicles available to hold your child's shoes while they are in class.



### ***Vacations, Absences & Medical situations***

Please notify the instructors if your child will be going on vacation, if they have an illness, or injury that will make them unable to attend classes for a week or more. If they have had a prolonged medical situation, for your child's safety, we may request documentation to ensure that it is appropriate for them to resume physical activity. When returning from an absence due to injury, please notify the instructors of any limitations your child may have.

### ***Student Drop-off & Pickup***

In case you have to drop off your child, please park your vehicle in the assigned parking area and avoid stopping your car at the curb in front of the school to drop off students. Do not allow children to cross the street without an adult and always escort them to and from class.

Occasionally, students are given handouts with announcements or information regarding upcoming events. Please ask your child if they have received any handouts when you pick them up.

### ***Seating Area***

You are invited and encouraged to watch your child's classes as often as possible. Guests and younger siblings are welcome as well. Please monitor the behavior of younger children to help maintain a better learning environment for our students.

### ***Dress Code***

Please make sure your child wears a clean and neat, school issued uniform for every class. Uniforms should be washed regularly. Belts should not be washed. For safety reasons, no jewelry is allowed to be worn during class.

### ***Safety***

Our most important priority in class and around our school is safety. Maintaining a high level of awareness is the number one thing that we can all do to ensure that our school and classes are safe. Please report any safety concerns you have to our staff. We appreciate your cooperation and attention to this matter.

### ***Feedback & Comments***

Our goal is to provide you with a "World Class" experience every time you come into our school. Please let us know how we are doing!

# Frequently Asked Questions

## ***What is Tae Kwon Do and how is it different from other martial arts?***

The different martial arts all originated in different countries thousands of years ago as forms of self-defense. Karate comes from Japan and Kung Fu from China. Tae Kwon Do is native to Korea. In terms of techniques, Tae Kwon Do emphasizes kicks more than other martial art, making it ideal for improving your child's balance, flexibility and endurance.



## ***What is the goal of the Little Tigers Program?***

The goal of the students in the Little Tigers Program is to graduate to Yellow Belt. The goal of the program is to help students develop the physical, mental, and emotional strengths that will help them in their continued training to Black Belt, as well as at school, home and all other activities.

## ***How do the Little Tigers progress to Yellow Belt?***

All Little Tigers start at White Belt and progress to Yellow Belt through six belts : Yellow Stripe, Green Stripe, Blue Stripe, Red Stripe, Black Stripe, and Double Black Stripe. In progressing between each belt, a student will receive five tips : Yellow (form), Green (kicking), Blue (blocking), and Red (Korean words). The tips are given based on the instructor's judgment of your child's progress in a specific category. If you have further questions, please see an instructor.



# Additional Services

## **Birthday Parties**

We host children's birthday parties at our school after classes on Saturdays and selected Sundays. Our packages include: instruction, decorations, food, drinks, and birthday cake. We ask that you make reservations four weeks in advance. If you think your child's instructors are fun in class, wait until you see them at a party!



## **Parents Workshop**

Our Parents Workshop provides parents with instruction in basic Tae Kwon Do techniques. Learn what the instructors are looking for and the top 10 things you can do to help your child achieve a Black Belt. Workshops will be available a few times throughout year.

## **Little Tigers Buddy Bash**

Little Tigers Buddy Bash is a specially designed class just for your child and their friends. The Buddy Bash gives your child an opportunity to bring friends to our school and have a fun introductory class to martial arts. After their class, they get to enjoy a pizza party!



## **Show and Tell**

Our World Class staff and Demonstration Team are available for exciting and educational demonstrations for any community event. If you are interested in scheduling our team, please see one of the instructors.

## **Guest Passes**

The highest compliment you can give our staff is to recommend us to a friend. At Master Yoo's World Class Tae Kwon Do, we appreciate your referrals. Please see your school manager for details on our VIP student referral program.



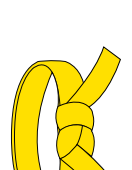
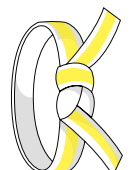
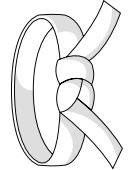




# MASTER YOO'S WORLD CLASS TAE KWON DO LITTLE TIGERS BELT CURRICULUM



| Yellow Stripe  | Green Stripe  | Blue Stripe  | Red Stripe   | Black Stripe   | Double Black Stripe  | Yellow Belt  |
|--|---|--|--|--|--|--|
| <p><b>Stances:</b><br/>Horse riding stance with punches &amp; Kicking stance</p> <p><b>Blocks:</b><br/>Face block and counter punch</p> <p><b>Kicks:</b><br/>Front snap kick</p> <p><b>Focus &amp; Fitness:</b><br/>Tiger sit ups (5x), ABC push ups, Attention (10 Seconds)</p> <p><b>Korean Terms:</b><br/>#1</p> <p><b>Life Skills:</b><br/>Focus!<br/>Try your best!</p> | <p><b>Form:</b><br/>Kibon Poomse I Segment One (Moves 1-2)</p> <p><b>Blocks:</b><br/>Body block and double punch</p> <p><b>Kicks :</b><br/>Front snap kick with double counter punch</p> <p><b>Focus &amp; Fitness:</b><br/>Tiger sit ups (5x), ABC push ups, Attention (10 Seconds)</p> <p><b>Korean Terms:</b><br/>#2</p> <p><b>Life Skills:</b><br/>Be strong!<br/>Listen!</p> | <p><b>Form:</b><br/>Kibon Poomse I Segment Two (Moves 1-4)</p> <p><b>Blocks:</b><br/>Knifehand block and triple counter punch</p> <p><b>Kicks:</b><br/>Roundhouse kick</p> <p><b>Focus &amp; Fitness:</b><br/>Tiger sit ups (5x), ABC push ups, Attention (10 Seconds)</p> <p><b>Korean Terms:</b><br/>#3</p> <p><b>Life Skills:</b><br/>Never give up!<br/>Cheer!</p> | <p><b>Form:</b><br/>Kibon Poomse I Segment Three (Moves 1-6)</p> <p><b>Blocks:</b><br/>Partner offense and defense interaction One-step-sparrring #1</p> <p><b>Kicks:</b><br/>Foot-to-foot side kick</p> <p><b>Focus &amp; Fitness:</b><br/>Balance on one foot for 10 seconds, Attention (20 Seconds)</p> <p><b>Korean Terms:</b><br/>#4</p> <p><b>Life Skills:</b><br/>Be polite!<br/>Think you can!</p> | <p><b>Form:</b><br/>Kibon Poomse I Segment Four (Moves 1-9)</p> <p><b>Blocks:</b><br/>Partner offense and defense interaction One-step-sparrring #2</p> <p><b>Kicks:</b><br/>Front snap kick and roundhouse kick combination</p> <p><b>Focus &amp; Fitness:</b><br/>Balance on one foot with five front snap kicks, Attention (20 Seconds)</p> <p><b>Korean Terms:</b><br/>#5</p> <p><b>Life Skills:</b><br/>Smile!<br/>Try, try, try!</p> | <p><b>Form:</b><br/>Kibon Poomse I Segment Five (Moves 1-12)</p> <p><b>Blocks:</b><br/>One-step-sparrring #3</p> <p><b>Kicks:</b><br/>Roundhouse kick and roundhouse kick combination</p> <p><b>Focus &amp; Fitness:</b><br/>Balance on one foot with ten front snap kicks, Attention (20 Seconds)</p> <p><b>Korean Terms:</b><br/>#6</p> <p><b>Life Skills:</b><br/>Do your best!</p> | <p><b>Form:</b><br/>Kibon Poomse I Segment Six (Moves 1-12)</p> <p><b>Blocks:</b><br/>One-step-sparrring #1<br/>One-step-sparrring #2<br/>One-step-sparrring #3</p> <p><b>Kicks:</b><br/>Front snap kick, Roundhouse kick, Foot-to-foot side kick</p> <p><b>Focus &amp; Fitness:</b><br/>Tiger sit ups (10x), ABC push ups, Balance, Attention (20 sec.)</p> <p><b>Korean Terms:</b><br/>#1-6</p> <p><b>Life Skills:</b><br/>Use eye, body and mind focus!</p> |



# Basic Techniques

## How to Make a Proper Fist



- Begin with your four fingers pressed tightly together



- Roll your fingers into your palm



- Put your thumb on top of your first two fingers

## Attention Stance



- Bring your feet together
- Keep your back straight
- Look forward
- Keep your hands at your side
- When your instructor says "Attention!" or "Cha-Ryot!", this is what you do!

## How to Bow



- Start in your Attention Stance
- Bend from your waist
- Look down
- When your instructor says "Bow" or "Kyong ye", this is what you do!
- We bow as a sign of respect towards our instructors and classmates.

These techniques and stances are important to learn and practice because they are used in every Little Tiger Class!

## Kicking Stance



- Make sure your knees are slightly bent
- Keep your hands up
- Always keep your eyes focused on your instructor or your partner

## Kihap (pronounced "Kee hap")



- Kihap is our energy yell
- The energy yell is a very important part of our Tae Kwon Do training
- It is a big burst of energy that you should add to every kick and punch!

## Ready Stance

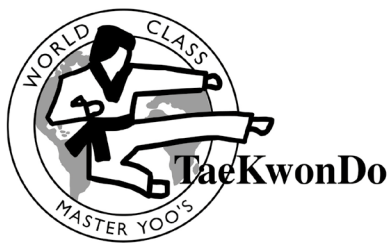


- Start in your Attention Stance
- Bring your fists under your chin
- Step out with your left foot to make your feet shoulder width apart
- Push down your fists, finishing with them in front of your belt
- This is your Ready Stance!

## Horse Riding Stance



- Start in Ready Stance
- Stretch both arms out in front
- With your left foot, take a big step out to the side
- Pull your fists back to your belt so that you finish with your palms up
- Add your Kihap, or energy yell
- This is your Horse Riding Stance



# White Belt Personal Record "Try Your Best!"



**Advancements :**

**Awards :**

| First Class    |  | Date | Type | Comments |
|----------------|--|------|------|----------|
| 1st Yellow Tip |  |      |      |          |
| 2nd Green Tip  |  |      |      |          |
| 3rd Blue Tip   |  |      |      |          |
| 4th Red Tip    |  |      |      |          |
| 5th Black Tip  |  |      |      |          |

## Tip Requirements Five Tips

### Yellow Tip

Knowledge and proper execution of basic stance with punches (Attention, ready, horse riding, kicking stance and punches)

### Green Tip

Knowledge and proper execution of basic kicking techniques (Front snap kick)

### Blue Tip

Knowledge and proper execution of basic block and face punch (Face block and face punch)

### Red Tip

Knowledge of Little Tigers Korean Terms #1

### Black Tip

Knowledge and proper execution of all techniques required for this belt

# Form : Ready, Horse Riding Stance with punches (Yellow Tip)

1



· Ready Stance

2



· Horse Riding Stance  
Ready Motion

3



· Horse Riding Stance



Concentrate with your Eyes, Body, and Mind

4



· Horse Riding Stance  
· Left Hand Middle Punch  
· Kihap

5



· Horse Riding Stance  
· Right Hand Middle Punch  
· Kihap

6



· Horse Riding Stance  
· Left Hand Middle Punch  
· Kihap



## Kicking Technique : Front Snap Kick ( Green Tip )



- Kicking Stance
- Front View



- Kicking Stance
- Side View

1. Raise your knee up to your belt and aim your knee at your target.
2. Snap your leg out and then snap your leg back.
3. Perform front snap kick with both the right and left legs.



- Pick your knee up



- Kick your foot out
- Kihap



- Snap your foot back in



- Return to good kicking stance

## Form : Face Block and Counter Punch (Blue Tip)



· Ready Stance



· Face Block  
· Ready Motion



· Face Block  
· Forward Stance



· Face Punch  
· Kihap

**Set-Up :** Criss cross your arms in front of your body with your right arm on top and the left arm on the bottom

**Block :** Block upwards with your left arm while pulling your right hand back to your belt.

## Knowledge of Little Tigers Korean Terms #1 ( Red Tip )

For your convenience, an audio CD of Korean Terms 1 - 6 is available for purchase at the front desk.

### Commands

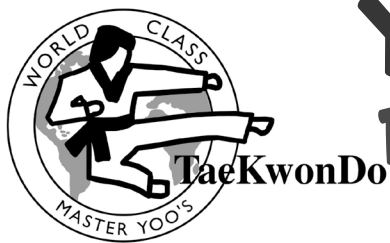
**Attention = Cha-Ryot**

**Bow = Kyong ye**

### Counting

**One = Hana Two = Dul Three = set**

**Four = Net Five = Dasot**



# Yellow Stripe Personal Record "Be Strong!"



**Advancements :**

**Awards :**

| Promotion to Yellow Stripe |  | Date | Type | Comments |
|----------------------------|--|------|------|----------|
| 1st Yellow Tip             |  |      |      |          |
| 2nd Green Tip              |  |      |      |          |
| 3rd Blue Tip               |  |      |      |          |
| 4th Red Tip                |  |      |      |          |
| 5th Black Tip              |  |      |      |          |

## Tip Requirements Five Tips

**Yellow Tip**

Knowledge and proper execution of basic form (Kibon Poomse I segment one (moves 1-2))

**Green Tip**

Knowledge and proper execution of basic kicking techniques (Front snap kick with double punch)

**Blue Tip**

Knowledge and proper execution of basic block and counter punch (Body block and double counter punch)

**Red Tip**

Knowledge of Little Tigers Korean Terms #2

**Black Tip**

Knowledge and proper execution of all techniques required for this belt

# Form : Kibon Poomse I Segment One (Moves 1-2) (Yellow Tip)

1



· Ready Stance

2



· Horse Riding Stance  
· Left Hand Down Block Ready Motion

3



· Horse Riding Stance  
· Left Hand Down Block Main Motion

4



· Horse Riding Stance  
· Right Hand Down Block Ready Motion

5



· Horse Riding Stance  
· Right Hand Down Block Main Motion

6



· Ready Stance

## Down Block

### Ready Motion

Blocking hand hugs with palm side of fist facing the cheek; extend opposite arm straight out angled toward middle of chest.

### Main Motion

Blocking hand moves from the cheek across the body to the side of your thigh; opposite arm moves back to position where your tight fist rests next to your belt.

## Kicking Technique : Front Snap Kick With Double Punch ( Green Tip )



- Kicking Stance
- Front View



- Kicking Stance
- Side View

Yellow Stripe

### Target Hitting

- When hitting the target, use the top of your foot.
  - Point your toes down and relax your ankle.
- Try to bring your knee up higher than your target.



- Pick your knee up



- Kick your foot out
- Kihap



- Snap your foot back in



- Return to good Kicking Stance

5



- Kicking Stance
- Punch with front hand
- Kihap

6



- Kicking Stance



**Keep your eyes on your target.  
Make sure you keep your fists tight  
and strong all of the time.**

7



- Kicking Stance
- Punch with back-hand
- Kihap

8



- Kicking Stance

9



- Right foot step back to kicking stance



## Block : Forearm Block with the Left Hand, Followed by a Right and Left Hand Double Punch (Blue Tip)



· Ready Stance

1a



· Forearm Block Ready Motion

1b



· Horse Riding Stance  
· Forearm Block Main Motion

Set-Up : Hug your left fist to your ear and stretch your right arm out.

Block : Block to the side with your left arm while pulling your right hand back to your belt.

2



· Horse Riding Stance  
· Right hand Middle Punch  
· Kihap

3



· Horse Riding Stance  
· Left Hand Middle Punch  
· Kihap

4



· Ready Stance

## Knowledge of Little Tigers Korean Terms #2 (Red Tip)

For your convenience, an audio CD of Korean Terms 1 - 6 is available for purchase at the front desk.

### Counting

- |              |               |
|--------------|---------------|
| One = Hana   | Six = Yuhsot  |
| Two = Dul    | Seven = Ilgop |
| Three = Set  | Eight = Yodol |
| Four = Net   | Nine = Ahope  |
| Five = Dasot | Ten = Yul     |

### General Terms

- Uniform = Dobok
- TaekwonDo School = Dojang



# Green Stripe Personal Record

## "Never Give up!"



### Advancements :

### Awards :

| Promotion to Green Stripe |  | Date | Type | Comments |
|---------------------------|--|------|------|----------|
| 1st Yellow Tip            |  |      |      |          |
| 2nd Green Tip             |  |      |      |          |
| 3rd Blue Tip              |  |      |      |          |
| 4th Red Tip               |  |      |      |          |
| 5th Black Tip             |  |      |      |          |

## Tip Requirements

# Five Tips

### Yellow Tip

Knowledge and proper execution of basic form (Kibon Poomse I segment Two (moves 1-4))

### Green Tip

Knowledge and proper execution of basic kicking techniques (Roundhouse kick)

### Blue Tip

Knowledge and proper execution of basic block and counter punch (Knifehand block and triple counter punch)

### Red Tip

Knowledge of Little Tigers Korean Terms #3

### Black Tip

Knowledge and proper execution of all techniques required for this belt



# Form : Kibon Poomse I Segment Two (Moves 1-4) (Yellow Tip)



· Ready Stance

3a



· Horse Riding Stance  
· Left Hand Body Block Ready Motion

3b



· Horse Riding Stance  
· Left Hand Body Block Main Motion

## Body Block

### Ready Motion

Cross your forearms in front of your body; the palm of your blocking fist should face inward toward your body; turn your shoulder to the opposite direction of the block.

### Main Motion

Twist your arm into the blocking position; keep your fist in front of your shoulder.

4a



· Horse Riding Stance  
· Right Hand Body Block Ready Motion

4b



· Horse Riding Stance  
· Right Hand Body Block Main Motion



· Ready Stance

## Kicking Technique: Roundhouse Kick (Green Tip)

1



- Start in Kicking Stance
- Side View

2



- Pick your knee up and turn sideways

3



- Snap your foot out
- Kihap

**1. Pick your knee up and turn your body sideways (hip, foot, shoulder)**

**2. Throw a snapping roundhouse kick**

**3. Use the top of your foot when you kick**

**4. Roundhouse kick is like Front Snap Kick but you have to turn**

4



- Snap your foot back in

5



- Touch foot down in front

6



- Back to Kicking Stance

## Block : Knifehand Block with the Left Hand, Followed by Right and Left Middle Punches, and a Third (Right) Face Punch (Blue Tip)



· Ready Stance

1a



· Ready Stance  
· Knifehand Block  
Ready Motion

1b



· Horse Riding Stance  
· Knifehand Block  
Main Motion

2



· Horse Riding Stance  
· Right Hand Middle Punch

3



· Horse Riding Stance  
· Left Hand Middle Punch

4



· Horse Riding Stance  
· Right Hand Face Punch  
· Kihap



· Ready Stance

Green Stripe

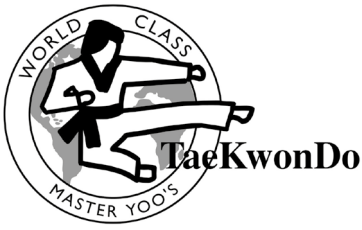
## Knowledge of Little Tigers Korean Terms #3 (Red Tip)

For your convenience, an audio CD of Korean Term 1 - 6 is available for purchase at the front desk.



Thank you = Kam saham Needa

You're Welcome = Chun Mahn Aeyo



# Blue Stripe Personal Record "Be Polite!"



**Advancements :**

**Awards :**

| Promotion to Blue Stripe |  | Date | Type | Comments |
|--------------------------|--|------|------|----------|
| 1st Yellow Tip           |  |      |      |          |
| 2nd Green Tip            |  |      |      |          |
| 3rd Blue Tip             |  |      |      |          |
| 4th Red Tip              |  |      |      |          |
| 5th Black Tip            |  |      |      |          |

## Tip Requirements Five Tips

**Yellow Tip**

Knowledge and proper execution of basic form (Kibon Poomse I Segment Three (moves 1-6 ))

**Green Tip**

Knowledge and proper execution of basic kicking techniques (Foot-to-foot side kick)

**Blue Tip**

Knowledge and proper execution of one-step sparring #1 (Partner offense and defense interaction)

**Red Tip**

Knowledge of Little Tigers Korean Terms #4

**Black Tip**

Knowledge and proper execution of all techniques required for this belt

## Form : Kibon Poomse I Segment Three (moves 1-6)



· Ready Stance

5a



· Horse Riding Stance  
· Left Hand Face Block  
Ready Motion

5b



· Horse Riding Stance  
· Left Hand Face Block  
Main Motion

### Face Block

#### Ready Motion

Blocking arm is positioned under opposite arm.

#### Main Motion

Twist your arm into the blocking position; keep your fist just above your forehead.

6a



· Horse Riding Stance  
· Right Hand FaceBlock  
Ready Motion

6b



· Horse Riding Stance  
· Right Hand Face Block  
Main Motion

6



· Ready Stance

## Kicking Technique: Foot-to-Foot Side Kick (Green Tip)

1. From kicking stance, touch your back foot to your front foot.
2. Lift your knee up, then push the bottom of your foot out to the side.
3. Your heel should aim toward your target.



· Start in Kicking Stance



· Step together with back leg



· Touch and bend your front leg



· Push out  
· Kihap



· Bend your leg back in



· Return to good  
Kicking Stance



## One - Step - Sparring # 1 (Blue Tip) Face Block With Punch

One-step-sparring is a formal way of practicing self-defense against a punch using a prearranged set of defensive skills. Because one-step-sparring is choreographed, techniques that are not permitted in competition can be practiced safely. One-step-sparring also develops cooperation and teamwork as both partners must help one another to learn effectively.

### Attacker:

1. Right foot step back into forward stance, left hand down block (Kihap).
2. Right foot step forward, right hand face punch (Kihap).



**Attack Kihap means, "ARE YOU READY?"**

**Your reply kihap means, "YES I AM!"**

**Always Be a Good Partner.**

### Defender:

1. Prepare for face block.
2. Left foot step forward into forward stance; left hand face block.
3. Right right hand face punch (Kihap).



# Basic Attack



- Begin by facing your partner in Attention Stance.
- Next, go into your Ready Stance.



- Attacker : Step back with your right foot and down block with your left arm.
- Defender : “Kihap” to let your partner know you are ready.



- Attacker : Step forward with your right foot and right hand punch with “Kihap”.
- Defender: Continue to do your one-step sparring. Always take turns with your partner when practicing one-step-sparring.

# Block and Counter Attack



- Set-up : Prepare for face block.



- Block : Face block with your left arm while stepping into forward stance with your left foot.
- Your right hand should finish on your belt.



- Finish : Right hand face punch with Kihap! Your left hand should finish on your belt.



# Knowledge of Little Tigers Korean Terms #4 (Red Tip)

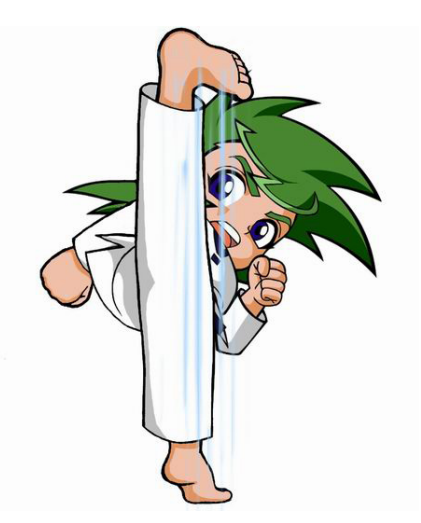


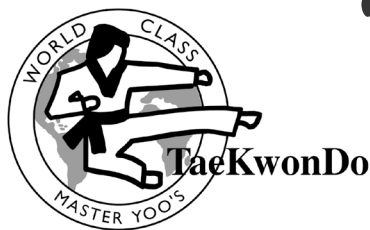
• **Front Snap Kick**  
**Ap Chagi**

• **Roundhouse Kick**  
**Dol Yo Chagi**

• **Side Kick**  
**Yop Chagi**

Blue Stripe





# Red Stripe Personal Record

## "Smile!"



### Advancements :

### Awards :

| Promotion to Red Stripe |  | Date | Type | Comments |
|-------------------------|--|------|------|----------|
| 1st Yellow Tip          |  |      |      |          |
| 2nd Green Tip           |  |      |      |          |
| 3rd Blue Tip            |  |      |      |          |
| 4th Red Tip             |  |      |      |          |
| 5th Black Tip           |  |      |      |          |

## Tip Requirements

# Five Tips

### Yellow Tip

Knowledge and proper execution of basic form (Kibon Poomse I Segment Four (moves 1 - 9))

### Green Tip

Knowledge and proper execution of basic kicking techniques (Front snap kick, roundhouse kick combination)

### Blue Tip

Knowledge and proper execution of one-step sparring #2 (partner offense and defense interaction)

### Red Tip

Knowledge of Little Tigers Korean Terms #5

### Black Tip

Knowledge and proper execution of all techniques required for this belt

# Form: Kibon Poomse I Segment Four (Yellow Tip) (Moves 1-9)



- Ready Stance



- Horse Riding Stance
- Left Hand Down Block



- Horse Riding Stance
- Right Hand Down Block



- Horse Riding Stance
- Left Hand Body Block



- Horse Riding Stance
- Right Hand Body Block



- Horse Riding Stance
- Left Hand Face Block



- Horse Riding Stance
- Right Hand Face Block



- Horse Riding Stance
- Left Hand Middle Punch

**Tae!**



- Horse Riding Stance
- Right Hand Middle Punch

**Kwon!**



- Horse Riding Stance
- Left Hand Middle Punch

**Do!**



- Ready Stance

## Kicking Techniques: Front Snap Kick and Roundhouse Kick Combination (Green Tip)



· Start in Kicking Stance Side View

· Pick your knee up

· Kick your foot out  
· Kihap

· Snap your foot back in



· Put Foot Down in Front Kicking Stance

· Pick your Knee up and turn Sideways

· Pick your foot out  
· Kihap

· Snap your foot back in

· Back to Kicking Stance

## Knowledge of Little Tigers Korean Terms #5 (Red Tip)

For your convenience, an audio CD of Korean Terms 1 - 6 is available for purchase at the front desk.



**Master = Sabum-Nim**  
**Instructor = SunBae-Nim**  
**Flag = Kuki**

# One-Step-Sparring #2 (Blue Tip)

## Body Block with Double Punch

### Defender:

Right foot step forward 45 degrees into horse riding stance, left hand outside forearm block.

Right hand middle punch, left hand middle punch, Kihap.

1



Set-up: Prepare for body block

2



Block: Body block with your left arm while stepping with your right leg 45 degrees into horse riding stance. Your right hand should finish on your belt.

3



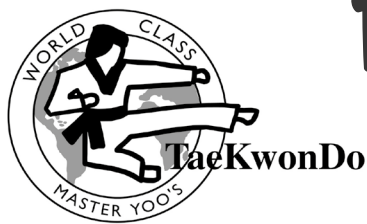
• Finish: Right hand middle punch

4



• Finish: Left hand middle punch with Kihap!





# Black Stripe Personal Record "Do Your Best!"



**Advancements :**

**Awards :**

| Promotion to Black Stripe |  | Date | Type | Comments |
|---------------------------|--|------|------|----------|
| 1st Yellow Tip            |  |      |      |          |
| 2nd Green Tip             |  |      |      |          |
| 3rd Blue Tip              |  |      |      |          |
| 4th Red Tip               |  |      |      |          |
| 5th Black Tip             |  |      |      |          |

## Tip Requirements Five Tips

**Yellow Tip**

Knowledge and proper execution of basic form (Kibon Poomse I - All movements with proper horse riding stance (moves 1 - 12))

**Green Tip**

Knowledge and proper execution of basic kicking techniques (Roundhouse kick and roundhouse kick combination)

**Blue Tip**

Knowledge and proper execution of one-step-sparring #3 (Partner offense and defense interact (one-step-sparring #3 ))

**Red Tip**

Knowledge of Little Tigers Korean Terms #6

**Black Tip**

Knowledge and proper execution of all techniques required for this belt



# Form : Kibon Poomse I, Segment Five (moves 1 - 12)



· Ready Stance



1  
· Horse Riding Stance  
· Left Hand Down Block



2  
· Horse Riding Stance  
· Right Hand Down Block



3  
· Horse Riding Stance  
· Left Hand Body Block



4  
· Horse Riding Stance  
· Right Hand Body Block



5  
· Horse Riding Stance  
· Left Hand Face Block



6  
· Horse Riding Stance  
· Right Hand Face Block



7  
· Horse Riding Stance  
· Left Hand Middle Punch

**Tae!**



8  
· Horse Riding Stance  
· Right Hand Middle Punch

**Kwon!**



9  
· Horse Riding Stance  
· Left Hand Middle Punch

**Do!**



10  
· Horse Riding Stance  
· Right Hand Low Punch



11  
· Horse Riding Stance  
· Left Hand Middle Punch

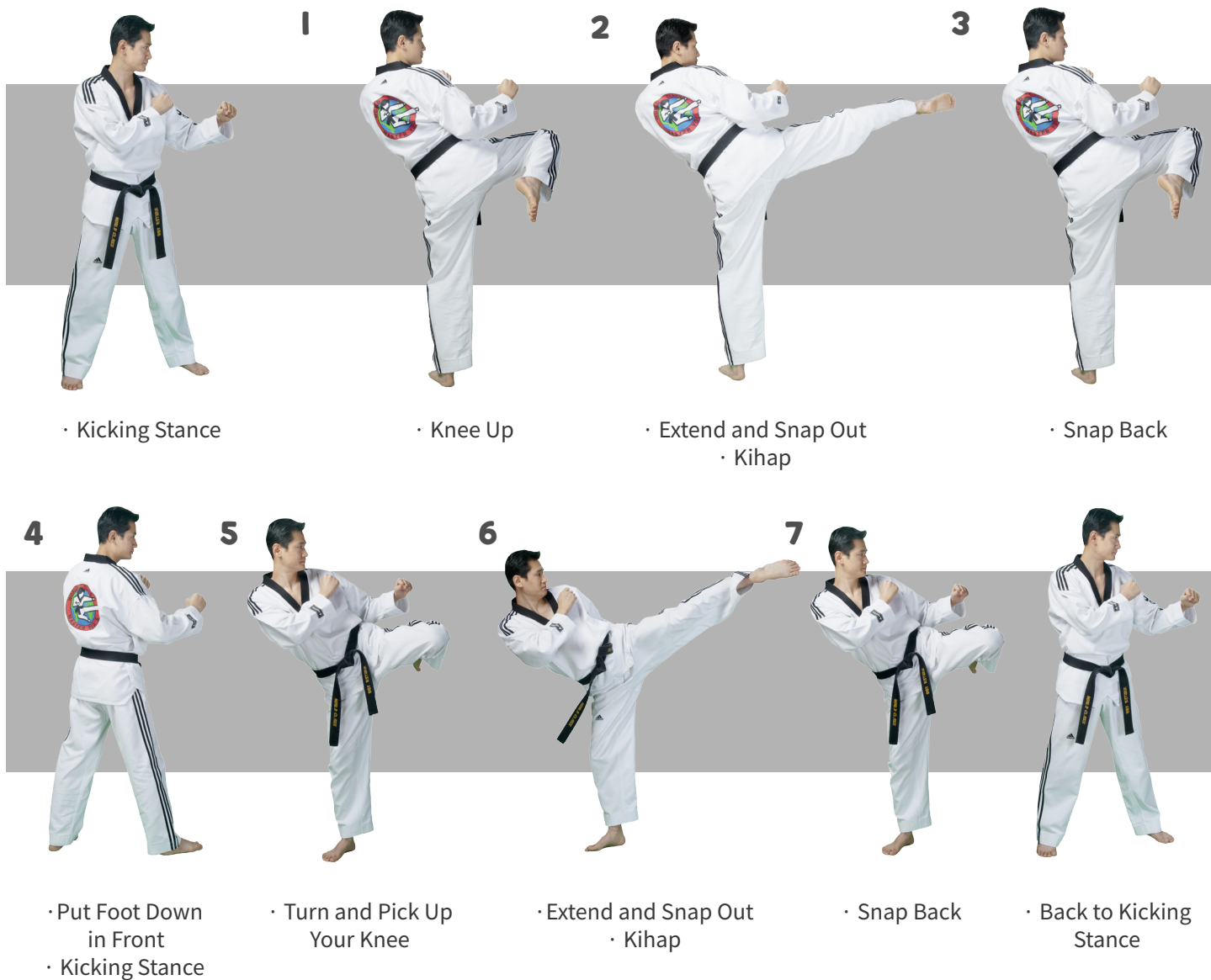


12  
· Horse Riding Stance  
· Right Hand Face Punch Kihap



13  
· Ready Stance

## Kicking Techniques : Roundhouse Kick and Roundhouse Kick Combination (Green Tip)



## Knowledge of Little Tigers Korean Terms #6 (Red Tip)

For your convenience, an audio CD of Korean Terms 1 - 6 is available for purchase at the front desk.

### Commands

**Bow to the Master = Sabum-Nim Kae Kyong Ye**  
**Bow to the Instructor = SunBae-Nim Kae Kyong Ye**  
**Bow to the Flags = Kukiae Dae Hiyo Kyong Ye**

## One-Step-Sparring # 3 (Blue Tip) Knife Hand Block with Triple Punch

### Defender :

Right foot step forward 45 degrees into horse riding stance, left hand knifehand block.

Right hand middle punch, followed by left hand middle punch (both to the solar plexus), followed by right hand face punch, kihap.



• Set-up : Prepare for Knifehand block

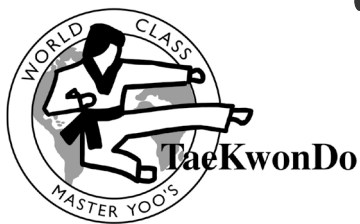
• Block : Knifehand block with your left arm while stepping with your right leg 45 degrees into horse riding stance. Your right hand should finish on your belt.



• Finish : Right hand middle punch

• Finish : Left hand middle punch

• Finish : Right hand middle punch with Kihap!



# Double Black Stripe Personal Record

**"Use eye, body and  
mind focus!"**



**Advancements :**

**Awards :**

| Promotion to Double Black Stripe |  | Date | Type | Comments |
|----------------------------------|--|------|------|----------|
| 1st Yellow Tip                   |  |      |      |          |
| 2nd Green Tip                    |  |      |      |          |
| 3rd Blue Tip                     |  |      |      |          |
| 4th Red Tip                      |  |      |      |          |
| 5th Black Tip                    |  |      |      |          |

## Tip Requirements Five Tips

**Yellow Tip**

Knowledge and proper execution of basic form (Kibon Poomse I)

**Green Tip**

Knowledge and proper execution of basic kicking techniques (Front snap kick, Round house kick, Foot-to-foot side kick)

**Blue Tip**

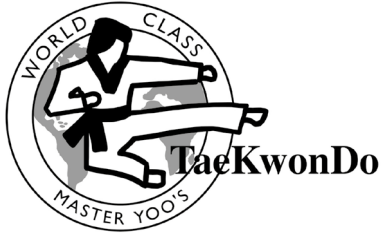
Knowledge and proper execution of One-Step-Sparring #1, #2, and #3

**Red Tip**

Knowledge of Little Tigers Korean Terms #1 ~ #6

**Black Tip**

Knowledge and proper execution of all techniques required for this Belt



# Testing for Yellow Belt



**Student must earn all five tips and meet the minimum training time requirements.**

Congratulations to all Double Black Stripe students from your Master and Instructors. You have reached the point in your Tae Kwon Do training where your short-term goal of Yellow Belt is in sight. Your continuous commitment to excellence has helped make you a candidate for Yellow Belt testing!

### ***Techniques you will be asked to demonstrate :***

- Horse Riding Stance with punches
- Front Snap kick
- Roundhouse kick
- Foot-to-foot side kick
- Kibon Poomse I (Basic Form)
- One-Step-Sparring 1 , 2 , 3
- Knowledge of Little Tigers Korean Terms # 1 - 6

### ***Items you must bring :***

- Completed Testing Application ( two days in advance of testing )
- Testing Fee ( two days in advance of testing )
- Attendance Card



# Master Yoo's

WORLD CLASS TAE KWON DO



## Little Tigers

### *The goals of Master Yoo's World Class Tae Kwon Do*

- Provide the highest quality martial arts instruction
- Empower our students with valuable skills for daily life
- Contribute to a safe and peaceful community

**Together we can make a difference!**

**The tremendous pride that comes with each color belt brings with it tremendous responsibility.**





## **Master Yoo's World Class Tae Kwon Do Center**

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