

# Defense Mode Cycle

Ranks	Form	Sparring	Self Defense <small>Juniors do #1 &amp; #2 • Youth &amp; Adults do all 3</small>	Target	Board Breaking
<b>White</b>	Juniors First 6 lines Youth & Adults First 9 lines	None	1. Single wrist escape 2. Double wrist escape, take down 3. Defend from punch	#1 Round Kick	Choice of:  Hammer Fist  Or #2 Front Kick
<b>Yellow</b>	First 9 Lines				
<b>Green</b> L1,L2,L3	First 13 Lines	2 - 1 min rounds	1. Single wrist escape 2. Double wrist escape, take down 3. Defend from punch	#1 Round Kick	
<b>Blue</b> L1,L2,L3	First 22 Lines	2 - 1 min rounds	1. Single wrist escape 2. Double wrist escape, take down 3. Defend from punch	Spin Crescent Kick	#1 Side Kick, #3 Front Kick, Hammer Fist, Elbow 2 of 4
<b>Brown</b> L1,L2,L3	First 30 Lines	3 - 1 min rounds	1. Single wrist escape 2. Double wrist escape, take down 3. Defend from punch	Spin Crescent Kick	#1 Side Kick, #3 Front Kick, Hammer Fist, Elbow 2 of 4
<b>Red</b> L1,L2,L3	First 38 Lines	3 - 1 min rounds	1. Single wrist escape 2. Double wrist escape, take down 3. Defend from punch	Spin Hook Kick	#1 Side Kick, #3 Front Kick, Hammer Fist, Elbow 2 of 4
<b>Black</b> 1st Degree L1- L3 2nd Degree L1 - L3 3rd Degree L1, L2	Form 55 & Plant Form	3 - 1 min rounds	1. Single wrist escape 2. Double wrist escape, take down 3. Defend from punch	Spin Hook Kick	Spin Side Kick, #3 Jump Front Kick, Hammer Fist, Elbow 3 of 4

## Testing Questions

Juniors study questions 1-5 Youth/Adults study questions 1-10

1. What Year did Tiger Rock Start?

1983

2. Why do we all wear the same uniform?

Because we are all on the same team

3. What are the guiding principles of our organization?

Tiger Rock Tenets

4. What does the Yellow Belt symbolize?

The Sun

5. In Sparring what kind of contact is allowed?

Light Contact

6. Your Tiger Rock rank belt should be worn with what?

Great Pride and care

7. All TaeKwonDo activities are based on the defense attitude that was originally developed for what?

Protection against enemy attacks.

8. Why are their 24 original forms?

Each form represents 24 hours in a day

9. What is a Kihap?

An exertion of energy

10. Describe a tight fist.

Wrist straight, Fingers folded in tightly, thumb is folded over first two fingers and pressed tightly

## Testing Ready Stripe

Students must answer 3 of their testing questions



## CYCLE 3 EVENTS

December - January 2023

Testing Registration Deadline

January 28th

Level 3 Red Belts and Black Belts

February 4th

White Belts - Level 2 Red Belts

All Testing Times will be announced closer to testing

February 6th Testing

Junior White & Yellow Belts • Youth White - Red Belts

February 7th Testing

Jr. Green - Blue Belts • Adults

February 8th Testing

Junior Brown - Red Belts • All Black Belts

February 9th

NEW L1 Green Belt Sparring Clinic & Secondary Testing