



# TAEKWONDO PLUS ACADEMIES

## TIGER CUBS (TC) CURRICULUM

### STRIPES

GREEN - LIFE SKILL

BLUE - TKD SKILL

RED - CONCENTRATION/COORDINATION/STRENGTH DRILL

Curriculum stripes are used to help guide, and motivate the student. They will also allow the instructor of the day to assess the students quickly for better planning of the lesson. Curriculum stripes will be given out in lesson by the instructor teaching the student.

#### TC White Belt:

- Life Skill: Recite the Three Rules of Learning: **(Green Stripe)**
  1. "Focus your eyes"
  2. "Focus your mind"
  3. "Focus your body"
- Technique/Skill: Punches (three each hand, on target); demonstrate how to make a fist **(Blue Stripe Part 1)**
- Stance: Attention Stance **(Blue Stripe Part 2)**
- Block: High Block (against a padded blocker) **(Blue Stripe Part 3)**
- Concentration/Coordination/Strength Drill: Stand at attention for 30 seconds **(Red Stripe)**

#### TC Yellow (White belt with center yellow stripe):

- Life Skill: What does a good listener remember?... "Parent's way, Teacher's way, right away." **(Green Stripe)**
- Technique/Skill: Front Kick (three each leg, on a target); demonstrate how to shape foot **(Blue Stripe Part 1)**
- Stance: Chun-Bi Stance **(Blue Stripe Part 2)**
- Block: Low Block (against a padded blocker, **(Blue Stripe Part 3)**)
- Concentration/Coordination/Strength Drill: Demonstrate the following three "Listening Positions": **(Red Stripe)**
  1. Seated, legs crossed, one hand on each knee
  2. Kneeling, on one knee with both hands on front knee
  3. Standing at attention

## TIGER CUBS (TC) BELT SYSTEM (CONT.)

### TC Green (White Belt with center Green stripe):

- Life Skill: When do we use our TaeKwonDo? **(Green Stripe Part 1)**  
Do we use our TaeKwonDo when we are angry or upset? **“No, Sir/Ma’am.”**  
When do we use TaeKwonDo? **“In an emergency Sir/Ma’am.”**  
What is an emergency? **“Getting away from a stranger.”**
- Think/Escape Skill: Demonstrate Stranger Response Drill: **“Stop! Don’t touch me stranger!”**; step back **(Green Stripe part 2)**
- Stance: Sitting Stance **(Blue Stripe Part 1)**
- Technique Skill: Palm Heel Strike (three each hand, on a target) **(Blue Stripe Part 1)**
- Block: Inner Forearm Block (against a padded blocker) **(Blue Stripe Part 3)**
- Concentration/Coordination/Strength Drill: Plank for 15 seconds **(Red Stripe)**

### TC Blue (White Belt with center Blue stripe):

- Life Skill: TKD greeting **“Hi, my name is John”**; Stand straight and look into eyes; **“Hi John, my name is Sally”**; bow and look into eyes; **“Nice to meet you, Sally.”** **(Green Stripe)**
- Technique/Skill: Outer Edge Crescent Kick (three kicks each leg, on a target) **(Blue Stripe Part 1)**
- Stance: Front Stance **(Blue Stripe Part 2)**
- Front Fall (from knees, three times) **(Blue Stripe Part 3)**
- Concentration/Coordination/Strength Drill: Demonstrate the following: **(Red Stripe)**
  1. Hop three times on one leg, and then hop three times on the other leg.
  2. Three jumps touching knees to your chest.

### TC Purple (White Belt with center Purple stripe):

- Life Skill: Being Nice Recite : **“Being nice means, treat others as I wish to be treated.”** **(Green Stripe)**
- Technique/Skill: Knife Hand Strike (three strikes each hand, on a target) **(Blue Stripe Part 1)**
- Stance: Back Stance **(Blue Stripe Part 2)**
- Think/Escape Skill: Wrist Release (Student does a circle escape, says **“Stranger! Stop!”** Student turns and runs.) **(Blue Stripe Part 3)**
- Concentration/Coordination/Strength Drill: demonstrate ten jumping jacks **(Red Stripe)**

## **TIGER CUBS BELT SYSTEM (CONT.)**

### **TC Brown (White Belt with center Brown stripe):**

- Life Skill: Recite your address: the street you live on, the city you live in, parent's phone number, the names of your parents (guardians: mom, dad, grandparent, aunt, or uncle, etc.), and what is 911 **(Green Stripe)**
- Technique Skill: Sidekick (three Sidekicks each leg on target) **(Blue Stripe Part 1)**
- Back Fall: From seated position (three times) **(Blue Stripe Part 2)**
- Think/Escape Skill: Two handed grab (Instructor grabs student's arm with both hands. Student does a kick towards shin of instructor, grabs trapped fist, pulls up to escape and says, "your not my dad / mom" Student turns and runs.) **(Blue Stripe Part 3)**
- Concentration/Coordination/Strength Drill: Balance for 15 seconds on one foot, with arms both straight out to the side and other foot held off the floor **(Red Stripe)**

### **TC Red (White Belt with center Red stripe):**

- Life Skill: How can you be brave: **"When I'm nervous, I try my best and I don't give up."** **(Green Stripe)**
- Technique Skill: Demonstrate junior Chun-Ji pattern. **(Blue Stripe Part 1)**
- Block: Review all three blocks **(Blue Stripe Part 2)**
- Kicks: Front, Side, and Crescent kick (2 kicks each leg) **(Blue Stripe Part 3)**
- Concentration/Coordination/Strength Drill: 360 jump spin from a sitting stance 2 each direction **(Red Stripe)**

### **TC Black (white Belt with center black stripe):**

**Upon Completion of TC Red Belt, the student will graduate the Tiger Cubs program. They will wear the Tiger Cub black stripe graduation belt and start their journey in the TaeKwonDo Plus Juniors program, working towards the advanced yellow belt.**

## **TIGER CUBS TESTING**

After attending a minimum of eight lessons and earning the three curriculum stripes, Tiger Cubs are eligible to test for rank promotion. Although testing each time is not required it is a great way to motivate young students. Once a Tiger Cub has reached the rank of TC Red belt, or approval based on maturity and skill at a lower belt color, he/she is encouraged to attend one junior lesson each week to see if they are ready to graduate from the Tiger Cub program.