



## Merit Badges for Tigers



At Tigers classes we use merit badges to reward students for learning and mastering Taekwon-Do techniques, such as kicks, punches and blocks. These are similar awards to those used in Cubs and Brownies. This prepares them for the step up to the Juniors' class (eligible at around the age of 7) where they are expected to undergo formal gradings in order to progress through the belts. We try to complete a badge once a month.

In total, there are 30 "Activity" and 6 "Tenets" badges to collect.

### Strikes (Hand Techniques)



Obverse Punch



Reverse Punch



Backfist



Side Punch



Knifehand Strike



Sitting Stance Front Punch

### Blocks (Makgi)



Middle Block



Rising Block



Low Block



Knifehand Guarding Block



Circular Block



Guarding Block

### Kicks (Chagi)



Front Snap Kick



Turning Kick



Side Kick



Back Kick



Hooking Kick



Axe Kick

### Special Taekwon-Do Techniques



Flying Side Kick



High Kicking



Sparring



Pad Work (Hands)



Self Defence



Take Down

**Fitness, Flexibility, Appearance and Event Attendance**



Push Ups



Sit Ups



Splits (Stretching)



Belt Tying



Tidy Dobok



Beach Barbeque

We also assess students on their politeness, honesty, perseverance, control, and courage by teaching them the 5 Tenets of Taekwon-Do. These are the laws of the martial art we practice. If the child demonstrates these and provides evidence of doing so then he/she will gain one of the badges below.

**COURTESY:** Politeness to ones Instructors and fellow students.

**INTEGRITY:** Honesty with oneself and the ability to define right from wrong.

**PERSEVERANCE:** Achievement of one's goals whether a higher grade or technique, one must persevere.

**SELF CONTROL:** To lose ones temper when performing techniques against an opponent can be very dangerous. The ability to live, work and train within ones capability shows good self-control.

**INDOMITABLE SPIRIT:** Courage when you and your principles are pitted against overwhelming odds.

In addition to the five Tenets we also have a club tenet of **"LOYALTY"** where we will reward the student for attendance and maintaining training over a long period.

<p><b>Laws of Taekwon-Do (Tenets)</b></p>	<p>Our club's very own Tenet, Loyalty</p>
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The activity badges are situated on the right sleeve of the dobok. They are embroidered and will have to be sewed on.



The Tenets badges go on the left sleeve of the dobok. They are designed to be ironed on.