

Taekwondo & Tigers TKD Virtual Tip Tracker



How to Use your Virtual Tip Tracker:

1. Print out this form.
2. Write your Name & Current Rank.
3. Have it close by when doing EMA virtual training.
4. Place a check mark into the box of the earned Tip when it happens. Write in the date for your records.
5. Let your instructors know when you have all of your required Tips for your current rank, and they will arrange your next belt test. Your instructors will also be keeping track of these Tips so we'll remind you in case you forget.

Name: _____

Current Rank: _____

TKD Color Belts

(7 yrs on Up)

Tigers TKD Belts

(4 to 6yrs Old)

| | | |
|---|---|--|
| Black - Basics Tip blocks, strikes & kicks | <div style="border: 1px solid black; width: 60px; height: 40px; display: flex; align-items: center; justify-content: center;">date: _____</div> | Black Tip Blocks & Stances |
| Red - Forms Tip patterns | <div style="border: 1px solid black; width: 60px; height: 40px; display: flex; align-items: center; justify-content: center;">date: _____</div> | Red Tip Focus |
| Orange - Fitness Tip physical fitness | <div style="border: 1px solid black; width: 60px; height: 40px; display: flex; align-items: center; justify-content: center;">date: _____</div> | Orange Tip Physical Fitness |
| Brown - One -Steps Tip <i>(for Green Belt on up)</i> self-defense techniques | <div style="border: 1px solid black; width: 60px; height: 40px; display: flex; align-items: center; justify-content: center;">date: _____</div> | Brown Tip Kicks & Strikes |
| Blue - Sparring Tip <i>(for White Belt on up)</i> skills for sparring | <div style="border: 1px solid black; width: 60px; height: 40px; display: flex; align-items: center; justify-content: center;">date: _____</div> | |

www.EmaCenter.com

https://www.facebook.com/groups/EMAPrivateTraining/?source_id=127020350708904