



Adult Level One – Tiger Cycle

<u>ATTACK</u>	<u>TECHNIQUE</u>	<u>Attack from:</u>
Grab Fundamentals Review: Dragon Review Cycle: Mace of Aggression 12:00	Clutching Feathers Sword in Return – Delayed Sword	12:00
Push Fundamentals Review: Dragon Review Cycle: Alternating Mace 10:30	Triggered Salute Parting the Sea - Rolling Mace	10:30
Punch Fundamentals Review: Dragon Review Cycle: Attacking Mace 9:00	The Dance Kick in Return – Sword of Defense	9:00
Kicks Fundamentals Review: Dragon Review Cycle: Thrusting Salute (L) 7:30	Intellectual Departure R Deflecting the Branch	7:30
Hugs / Holds Fundamentals Review: Dragon Review Cycle: Captured Twigs 4:30	The Gift Circling Twig	6:00

FREE STYLE COMBINATION:

Tiger 1. Back Fist / Side Kick/ Step through Front Kick

BLACK BELT CLUB TECHNIQUES

Grappling Skills

Chokes / Locks Locking Horns 3:00

Dragon Review Cycle: The Grasp 9:00

Club Checking the Storm (L) 1:30

Dragon Review Cycle: Checking the Storm (R) 10:30

KATA

The Tiger: Series One

Review:

Stance Set Basics

Short Form One

Required Equipment:

White: Hand Pads, Shin Pads, Notebook, (Men: groin cup),

Advanced White: UMAAI Membership.

Yellow & Advanced Yellow: All of the above plus footpads, head gear and mouthpiece.

Orange & Advanced Orange: All of the above plus rib guard.

BASIC KICKS

Front Kick (Lead Leg and Rear Leg)

Side Kick (Lead Leg and Rear)

Round Kick (Lead Leg and Rear Leg)

Back Kick (Lead Leg and Rear Leg)

SPECIALTY KICKS

Hop Kick

Spin Back Kick * Spin Side Kick



Adult Level Two - Tiger Cycle

ATTACK	TECHNIQUE	<u>Attack from:</u>
Grab Series One Review: Dragon 2 Cycle Review: Twirling Wings 6:00	Charging Ram Clutching Feathers 12:00	12:00
Push Series One Review: Dragon 2 Cycle Review: Hooking Wings 9:00	Thrusting Wedge Triggered Salute 10:30	7:30
Punch Series One Review: Dragon 2 Cycle Review: Leaping Crane 10:30	Thundering Hammers The Dance 9:00	9:00
Kicks Series One Review: Dragon 2 Cycle Review: Swinging Pendulum 9:00	Hugging Pendulum Intellectual Departure 7:30	10:30
Hugs / Holds Series One Review: Dragon 2 Cycle Review: Crushing Hammer 9:00	Squeezing the Peach The Gift 6:00	10:30
Chokes / Locks Series One Review: Dragon 2 Review: Circling Wing 1:30	Bow of Compulsion Locking Horns 3:00	4:30
Club Attacks Series One Review: Dragon 2 Review: Calming the Storm 12:00	Obstructing Storm Checking the Storm (L) 1:30	12:00

FREE STYLE COMBINATION:

Tiger 1. Back Fist / Side Kick/ Step through Front Kick

Tiger 2. Back Fist / Front X over Wheel Kick / Back Fist / Spin Rear Kick

KATA

The Tiger - Series One & Two * Bo Strikes & Defenses (A) 1-4 * Sho Bo Kata
Advanced Kicks: Chicken Kick * Wheel Kick * Spinning Speed Hook

BLACK BELT CLUB MATERIAL: Judo Throw: O-Goshi, Grappling Skills

Required Equipment: Notebook, Current UMAAI Membership, All Safety Gear, Escrima Sticks, Bo Staff.



Adult Level Three - Tiger Cycle

<i>ATTACK</i>	<i>TECHNIQUE</i>	<u>Attack from:</u>
Grab Tiger Series One & Two: Dragon 3 Review: Crossed Twigs 6:00	Conquering Shield Clutching Feathers 12:00& Charging Ram 12:00	12:00
Push Tiger Series One & Two: Triggered Salute 10:30 – Thrusting Wedge 7:30 Dragon 3 Review: Fatal Cross 4:30	Circling Windmills	9:00
Punch Tiger Series One & Two: The Dance 9:00 – Thundering Hammers 9:00 Dragon 3 Review: Flashing Mace 3:00	Gathering Clouds	6:00
Kicks Tiger Series One & Two: Intellectual Departure 7:30 - Hugging Pendulum 10:30 Dragon 3 Review: Rotating Destruction 12:00	Deceptive Panther	4:30
Hugs / Holds Tiger Series One & Two: The Gift 6:00 – Squeezing the Peach 10:30 Dragon 3 Review: Gift of Destiny 3:00	Squatting Sacrifice	12:00
Chokes / Locks Tiger Series One & Two: Locking Horns 3:00 - Bow of Compulsion 4:30 Dragon 3 Review: Destructive Twins 1:30	Wings of Silk	6:00
Club Attacks Tiger Series One & Two: Dragon 3 Review: Securing the Storm 12:00	Clipping the Storm Checking the Storm (L) 1:30& Obstructing the Storm 12:00	12:00

- Tiger 1. Back Fist / Side Kick/ Step through Front Kick
- Tiger 2. Back Fist / Front X over Wheel Kick / BF/ Spin Rear Kick
- Tiger 3. Jab / Shuffle hook /Step through round / Spin power hook

ADVANCED KICKS

Jump Spin Hook * Flip Wheel * 360 Side

KATA

The Tiger - Series One & Two & Three
Bo Strikes & Defenses * Weapon Kata: Sho Bo

BLACK BELT CLUB MATERIAL: Judo Throw: O-Goshi, Grappling Skills

Required Equipment: Notebook, Current UMAAI Membership, Shin Guards, Hand Pads, Mouth Piece (Men Groin Cup), Head Gear, Foot Gear, Forearm Pads, Rib Guard, Escrima Sticks, Bo Staff.



Adult Provisional Black – Tiger Cycle

ATTACK

Techniques

Left Hand Rear Belt Grab

Review Grabs:

Menacing Twirl

L1 Clutching Feathers 12:00, L2 Charging Ram 12:00,
L3 Conquering Shield 12:00

Two Handed push from the Rear

Review Pushes:

Leap from Danger

L1 Triggered Salute 10:30, L2 Thrusting Wedge 7:30,
L3 Circling Windmills 9:00

Left Uppercut Punch

Review Punches:

Glancing Wing

L1 The Dance 9:00, L2 Thundering Hammers 9:00, L3
Gathering Clouds 6:00

Straight Right Wrist Grab

Review Kicks:

Glancing Spear

L1 Intellectual Departure 7:30, L2 Hugging Pendulum
10:30, L3 Deceptive Panther 4:30

Front Attempted Tackle

Review Hugs & Holds:

Intercepting the Ram

L1 The Gift 6:00, L2 Squeezing the Peach 10:30, L3
Squatting Sacrifice 12:00

Right Step through Front Kick

Followed by a Right Straight Punch

Review Chokes and locks:

Unwinding Pendulum

L1 Locking Horns 3:00, L2 Bow of Compulsion 4:30,
L3 Wings of Silk 6:00

Left Straight Punch, Followed by a Right Straight Punch

Review Clubs:

Circling Fans

L1 Checking the Storm (L) 1:30, L2 Obstructing the Storm
12:00, L3 Clipping the Storm 12:00

Left Straight Punch, Followed by a Right Straight Punch

Entwined Maces

KATA

**All Animal Forms - Series One & Two & Three (Solid on level 1 complete). All
Traditional forms Short 1- Long 3, Bo Kata, Strikes and Defenses, Stick Drills**

BLACK BELT CLUB MATERIAL: Judo Throw: O-Goshi, Grappling Skills



Adult 1st Degree– Tiger Cycle

ATTACK

Techniques

Left Hand Hair Grab

Wrist and Shoulder Grab Both Flanks

Review Grabs: L1 Clutching Feathers 12:00, L2 Charging Ram 12:00, L3 Conquering Shield 12:00, PB Menacing Twirl

Right Straight Push

Review Pushes: L1 Triggered Salute 10:30, L2 Thrusting Wedge 7:30, L3 Circling Windmills 9:00, PB Leap from Danger

Right Reverse Punch

Front Right Punch and a

Right Punch from the Left

Rear Flank

Review Punches: L1 The Dance 9:00, L2 Thundering Hammers 9:00, L3 Gathering Clouds 6:00, PB Glancing Wing, Entwined Maces

Step thru right Front Kick

Review Kicks: L1 Intellectual Departure 7:30, L2 Hugging Pendulum 10:30, L3 Deceptive Panther 4:30, PB Glancing Spear

Right hand Shake/Grab

Review Hugs & Holds: L1 The Gift 6:00, L2 Squeezing the Peach 10:30, L3 Squatting Sacrifice 12:00, PB Intercepting the Ram

Review Chokes and locks: L1 Locking Horns 3:00, L2 Bow of Compulsion 4:30, L3 Wings of Silk 6:00, PB Unwinding Pendulum

Left over head Club

Rear Pistol Attack

Review Clubs: L1 Checking the Storm (L) 1:30, L2 Obstructing the Storm 12:00, L3 Clipping the Storm 12:00, PB Circling Fans

Clutching Feathers Extension

Snakes of Wisdom

Triggered Salute Extension

The Dance Extension

Rear Attempted Punch

Parting of the Snakes

Escape from Darkness

Intellectual Departure Extension

The Gift Extension

Right Front Head Lock Locking Horns Extension

Checking the Storm L Extension

Broken Rod

KATA

All Animal Forms - Series One & Two & Three. All Traditional forms Short 1- Long 4, All Traditional #1 sets, Stance, coordination, and Blocking sets #2, Staff Set, Bo Kata, Strikes and Defenses, Stick Drills, Box Sumbrada



Adult 2nd Degree- Tiger Cycle

ATTACK

Techniques

Attempted Front Tackle

Review Grabs: L1 Clutching Feathers 12:00, L2 Charging Ram 12:00, L3 Conquering Shield 12:00, PB Menacing Twirl, 1st Clutching Feathers Extension, Snakes of Wisdom

Charging Ram Extension

Attempted Two handed Choke

From the Front

Review Pushes: L1 Triggered Salute 10:30, L2 Thrusting Wedge 7:30, L3 Circling Windmills 9:00, PB Leap from Danger, 1st Triggered Salute Extension

Thrusting Wedge Extension

Right Step Thru Punch

Review Punches: L1 The Dance 9:00, L2 Thundering Hammers 9:00, L3 Gathering Clouds 6:00, PB Glancing Wing, 1st The Dance Extension,

Thundering Hammers Extension

Right Step Thru Side Kick

Review Kicks: L1 Intellectual Departure 7:30, L2 Hugging Pendulum 10:30, L3 Deceptive Panther 4:30, PB Glancing Spear, 1st Intellectual Departure Extension

Hugging Pendulum Extension

Rear Bear Hug

Review Hugs & Holds: L1 The Gift 6:00, L2 Squeezing the Peach 10:30, L3 Squatting Sacrifice 12:00, PB Intercepting the Ram, 1st The Gift Extension, Escape From Darkness

Squeezing the Peach Extension

Attempted Right Wrist Lock

Review Chokes and locks: L1 Locking Horns 3:00, L2 Bow of Compulsion 4:30, L3 Wings of Silk 6:00, PB Unwinding Pendulum, 1st Locking Horns Extension, Parting of the Snakes

Bow of Compulsion Extension

Right Overhead Club

Review Clubs: L1 Checking the Storm (L) 1:30, L2 Obstructing the Storm 12:00, L3 Clipping the Storm 12:00, PB Circling Fans, 1st Broken Rod

Obstructing the Storm Extension

KATA

All Animal Forms - Series One & Two & Three. All Traditional forms Short 1-Long 5, All Traditional #1 sets, Stance, coordination, and Blocking sets #2, Staff Set, Bo Kata, Strikes and Defenses, Stick Drills, Box Sumbrada