



ADVANCED TIGER CURRICULUM

Tiger Series

ATTACKREQUIRED TECHNIQUES

Wrist Grab

Pulling the Twig

Left round punch

Outward Block Inward Sword

Review: Left Round punch

Outward Block & Punch

Review: Left Round Punch

Outward Block & Kick

FREE STYLE COMBINATIONS

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

Review - Lion, Cobra, Mongoose, Dragon

KATA

Traditional form #1 Basic

Review: Power set #1, Kicking Kata One

KICKS

Front Kick (Lead Leg and Rear Leg)

Side Kick (Lead Leg and Rear Leg)

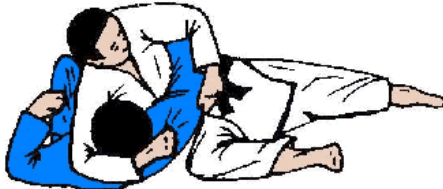
Round Kick (Lead Leg and Rear Leg)

Back Kick (Lead Leg and Rear Leg)

BLACK BELT CLUB MATERIAL

Advanced Kicks: Hop Kicks,Review; Cross Over Kicks

Ground Grappling: KesaGatame (Side Scarf Hold)



Theme: Good Self Control

Character Word: Perseverance

Required Equipment: Sparring Gear, UMAAI Membership (Includes: Patches and belt certificates with each test)