



ADVANCED TIGER CURRICULUM

Mantis Series

STANCES

Crane * Cat * Training Horse * Guarding Stance * Forward Bow

ATTACKREQUIRED TECHNIQUES

Left Round Punch

Review: Left Grab

Left Round Punch

Review: Left Round Punch

Sword of Defense

Outward Block & Punch

Defensive Maces

Outward Block & Kick

FREE STYLE COMBINATIONS

Mantis – Back Fist/ Reverse Punch/ Step-through Round Kick

Review - Lion, Cobra, Mongoose, Leopard

Special Skills: **Balance, Self-Control, Eye Contact, Patience, Handshake**

KATA

Traditional Form One Basic

Review: **Power Set One Complete, Kicking Kata**

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)

ADVANCED KICKS

Half Rounds * Switch Kicks

Black Belt Club:Kata: 1st 4 moves of short form #1

Ground work: Progressive guard / Flying Side Kicks

Theme: The Five Rules of Safety Character Word: Responsibility

Kenpo Rules: 1.Keep trying even when things are hard.

2. Show respect and courtesyto others. 3. Kenpo Tigers practice self-discipline.

Required Equipment: Tiger Patch, All Sparring Gear, UMAA Membership