



Youth Level One – Tiger Cycle

ATTACK

Left Hand Hair Grab

Review:

Yellow Belts & Above: Mace of Aggression

Right Hand Push

Review:

Yellow Belts & Above: Captured Twigs

Cross Wrist Grab

Review:

Yellow Belts & Above: Rolling Mace

REQUIRED TECHNIQUES

Clutching Feathers

Delayed Sword * Sword of Defense

Triggered Salute

Parting the Sea

Returning Viper

Deflecting the Branch

FREE STYLE COMBINATION

Review - Lion, Cobra, Mongoose, Dragon

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

KATA

White Belts – Universal Form One..... Adv. White Belts – Left and Right “2.0”

Yellow Belts – Universal Form One Extended.... Adv. Yellow Belts – Left and Right “2.0”

Orange Belts – Universal Form One Advanced.... Adv. Orange Belts – Left and Right “2.0”

BASIC 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

Hop Kicks * Spin Back Kick * Spin Side Kick

Required Equipment: To be able to fully participate in class and test for your next belt please make sure you have your required equipment.

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

Advanced White: UMAA International Membership: Includes Patches & Rank Certificates

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

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

BLACK BELT CLUB MATERIAL:

Front Head Lock: Locking Horns

BBC KATA: XMA Form 1

Mat Rat Grappling Drills

Theme: Good Self Control

Character Word: Perseverance



Youth Level Two – Tiger Cycle

ATTACK

REQUIRED TECHNIQUES

Wrist Grab

The Gift

Current Lower Level Review: **Clutching Feathers * Delayed Sword * Sword of Defense**

Last Cycle Review: Mace of Aggression * Alternating Mace

Right Punch

The Dance

Current Lower Level Review: **Triggered Salute * Parting the Sea * Rolling Mace**

Last Cycle Review: Captured Twigs * Attacking Mace

Right Kick

Intellectual Departure R

Current Lower Level Review: **Returning Viper * Deflecting the Branch**

Last Cycle Review: Rolling Mace * Thrusting Salute (L)

Left Overhead Club

Checking the Storm (L)

Current Lower Level Review: Locking Horns

FREE STYLE COMBINATIONS

Lion: Back Fist / Rev. Punch **Cobra:** Back Fist / Reverse Punch / Front Leg Snap Kick **Mongoose:** 2 Step through Front Kicks / Rev Punch

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

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

KATA

Little Tiger

BO REQUIREMENTS:

Sho Bo Kata: Purple & Above

Bo Strikes & Defenses (A: 1-4): Purple & Adv. Purple & Above

ADVANCED KICKS

Chicken Kicks * Wheel Kick * Spinning Speed Hook

BLACK BELT CLUB MATERIAL:

Front Head Lock: Locking Horns

Mat Rat Grappling Drills

Theme: Good Self Control

Character Word: Perseverance

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



Youth Level Three – Tiger Cycle

ATTACK

REQUIRED TECHNIQUES

Front Tackle

Charging Ram

Current Lower Level Review: **Delayed Sword * Sword of Defense * Clutching Feathers * The Gift**

Last Cycle Review: Swinging Pendulum

Two Hand High Push

Thrusting Wedge

Current Lower Level Review: **Parting the Sea * Rolling Mace * Triggered Salute * The Dance**

Last Cycle Review: Crushing Hammer

Front Right Step-through Punch

Thundering Hammers

Current Lower Level Review: **Deflecting the Branch * Returning Viper * Intellectual Departure * Locking Horns**

Last Cycle Review: Circling Wing

Right Overhead Club

Obstructing the Storm

Last Cycle Review: Calming the Storm * Checking the Storm (R)

FREE STYLE COMBINATIONS

Lion: Back Fist / Rev. Punch **Cobra:** Back Fist / Reverse Punch / Front Leg Snap Kick **Mongoose:** 2 Step through Front Kicks / Rev Punch

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

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

Tiger 3. Jab / Shuffle Hook / Step through Round / Spin Power Hook

KATA

“The Tiger” (Adult Series One Form)

Clutching Feathers 12:00 * Triggered Salute 10:30 * The Dance 9:00 * Intellectual Departure 7:30
The Gift 6:00 * Locking Horns 3:00 * Checking the Storm (L) 1:30

Bo Kata: ShoBo * Strikes & Defenses

Review: Short Form One * Little Tiger

ADVANCED KICKS

Jump Spin Hook * Flip Wheel * 360 Side

BLACK BELT CLUB MATERIAL:

Judo Throw: O-Goshi, Reverse Hip Throw; Mat Rat Grappling Drills

Theme: Good Self Control

Character Word: Perseverance

Required Equipment: Blue Judo Gi, Rattan Bo Staff, All Safety gear, Notebook

PLEASE MAKE SURE YOUR UMAAI MEMBERSHIP IS CURRENT!



Junior Black – Tiger I

ATTACK

Step through Right Side Kick

Review level 1

Rear Bear Hug (arms pinned)

Review level 2

Pinning Wrist Lock

Review level 3

Right Midsection Thrusting Club Clipping the Storm

REQUIRED TECHNIQUES

Hugging Pendulum

Clutching Feathers

Triggered Salute

Returning Viper

Locking Horns

Squeezing the Peach

The Gift

The Dance

Intellectual Departure Right

Checking the Storm Left

The Bow of Compulsion

Charging Ram

Thrusting Wedge

Thundering Hammers

Obstructing the Storm

FREE STYLE COMBINATION

Tiger 1: Back Fist/Front Leg Side Kick/Step Through Front Kick

Tiger 2: Back Fist/Front Crossover Wheel Kick/Back Fist/Spin Back Kick

Tiger 3: Jab/Shuffle Hook Kick/Step Through Round Kick/Spin Power Hook

Tiger 4: Jab/ Switch Step Outside Crescent Kick/Step Through Half Round/Spin Back Heel

KATA

Tiger I & II, Long form #1

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|----------------------------|-------|-----------------------|-------|
| • Clutching feathers | 12:00 | • Charging Ram | 12:00 |
| • Triggered Salute | 10:30 | • Thrusting Wedge | 7:30 |
| • The Dance | 9:00 | • The Dance | 9:00 |
| • Intellectual Departure R | 7:30 | • Hugging Pendulum | 10:30 |
| • The Gift | 6:00 | • Squeezing the Peach | 7:30 |
| • Locking Horns | 3:00 | • Bow of Compulsion | 4:30 |
| • Checking the Storm L | 1:30 | • Clipping the Storm | 12:00 |

BBC MATERIAL: Judo Throw: O-Goshi, Reverse Hip Throw; Grappling Skills

Review: Universal form 1 complete, Little Tiger



Junior Black – Tiger II

ATTACK

Left Grab, Attempted Rt. Punch
Review level 1

Two handed push/

Right Overhead punch
Review level 2

Right Step through Punch
Review level 3

Right Midsection Thrusting Club
Review level 4

REQUIRED TECHNIQUES

Conquering Shield
Clutching Feathers
Triggered Salute
Returning Viper
Locking Horns

Circling Windmills
The Gift
The Dance
Intellectual Departure Right
Checking the Storm Left

Gathering Clouds
Charging Ram
Thrusting Wedge
Thundering Hammers
Obstructing the Storm

Clipping the Storm
Hugging Pendulum
Squeezing the Peach
Bow of Compulsion

FREE STYLE COMBINATION

Tiger 1: Back Fist/Front Leg Side Kick/Step Thru Front Kick

Tiger 2: Back Fist/Front Crossover Wheel Kick/Back Fist/Spin Back Kick

Tiger 3: Jab/Shuffle Hook Kick/Step Thru Round Kick/Spin Power Hook

Tiger 4: Jab/ Switch Step Outside Crescent Kick/Step Thru Half Round/Spin Back Heel

KATA

Tiger I, II, & III, Long Form 2

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|----------------------------|-------|-------------------------|-------|
| • Clutching feathers | 12:00 | • Charging Ram | 12:00 |
| • Triggered Salute | 10:30 | • Thrusting Wedge | 7:30 |
| • The Dance | 9:00 | • The Dance | 9:00 |
| • Intellectual Departure R | 7:30 | • Hugging Pendulum | 10:30 |
| • The Gift | 6:00 | • Squeezing the Peach | 7:30 |
| • Locking Horns | 3:00 | • Bow of Compulsion | 4:30 |
| • Checking the Storm L | 1:30 | • Obstructing the Storm | 12:00 |

BBC MATERIAL: Judo Throw: O-Goshi, Reverse Hip Throw; Grappling Skills

Review: Universal form 1 complete, Little Tiger



Junior Black – Tiger III

ATTACK

Right Low Front Kick Followed

By a High Round Kick

Review level 1

Rear Bear Hug Arms Free

Review level 2

Rear Double Chicken Wing Lock

Review level 3

Right Midsection Thrusting Club

Review level 4

REQUIRED TECHNIQUES

Deceptive Panther

Clutching Feathers

Triggered Salute

Returning Viper

Locking Horns

Squatting Sacrifice

The Gift

The Dance

Intellectual Departure Right

Checking the Storm Left

Wings of Silk

Charging Ram

Thrusting Wedge

Thundering Hammers

Obstructing the Storm

Clipping the Storm

Hugging Pendulum/Conquering Shield

Squeezing the Peach/Circling Windmills

Bow of Compulsion/Gathering Clouds

FREE STYLE COMBINATION

Tiger 1: Back Fist/Front Leg Side Kick/Step Thru Front Kick

Tiger 2: Back Fist/Front Crossover Wheel Kick/Back Fist/Spin Back Kick

Tiger 3: Jab/Shuffle Hook Kick/Step Thru Round Kick/Spin Power Hook

Tiger 4: Jab/ Switch Step Outside Crescent Kick/Step Thru Half Round/Spin Back Heel

KATA

Tiger I, II, & III, Red: Short Form 3, Brown: Long Form 3

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|----------------------------|-------|-------------------------|-------|-----------------------|-------|
| • Clutching feathers | 12:00 | • Charging Ram | 12:00 | • Conquering Shield | 12:00 |
| • Triggered Salute | 10:30 | • Thrusting Wedge | 7:30 | • Circling Windmills | 9:00 |
| • The Dance | 9:00 | • The Dance | 9:00 | • Gathering Clouds | 6:00 |
| • Intellectual Departure R | 7:30 | • Hugging Pendulum | 10:30 | • Deceptive Panther | 4:30 |
| • The Gift | 6:00 | • Squeezing the Peach | 7:30 | • Squatting Sacrifice | 12:00 |
| • Locking Horns | 3:00 | • Bow of Compulsion | 4:30 | • Wings of Silk | 6:00 |
| • Checking the Storm L | 1:30 | • Obstructing the Storm | 12:00 | • Clipping the Storm | 12:00 |

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

Review: Universal form 1 complete, Little Tiger