



## **ADVANCED TIGER CURRICULUM**

### ***Dragon Series***

#### **ATTACK**

**Two Handed Push**

**Rear Shoulder Grab**

**Review: Right Grab**

**Review: Right Punch**

#### **REQUIRED TECHNIQUES**

**Parting the Sea**

**Returning Dragon**

**Inward Block & Punch**

**Inward Block & Kick**

#### ***FREE STYLE COMBINATIONS***

**Dragon Movement: Back Fist / Rear Crossover Back Kick**

**Review - Lion, Cobra, Mongoose, Eagle**

#### ***KATA***

Power Set One complete

Review: Universal Form One Basic Version

#### ***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: Crossover Kicks, review; Jump Kicks

Stick Drills: Sinawallies series one



Required Equipment: Sparring Gear, UMAAI Membership includes:  
Yearly membership patches and belt certificates with each test.

***Theme:***

***Character Word:***

***Next Testing Date:***