



EAGLE CURRICULUM

Tiger Series

ATTACK REQUIRED TECHNIQUES

Wrist Grab

Review:

Returning Viper

Pulling the Twig & Outward Defense A & B

Front Right Push

Review:

Triggered Salute

Outward block Inward Chop

FREE STYLE COMBINATIONS

Spinning Tiger Movement: Back Fist / Side Kick / Step-through Front / Spin Back Kick

Review - Lion, Cobra, Mongoose, Dragon

KATA

Traditional Form Number Two

Review: Traditional form #1 complete

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 * Spin Back Kick

BBC KATA: XMA Form 1 Basic

Black Belt Club: Ground Grappling: KesaGatame (Side Scarf Hold)



Required Equipment: All Sparring Gear, Current UMAAI Membership

Theme: Good Self Control

Character Word: Perseverance