



ADVANCED TIGER CURRICULUM

Leopard Series

ATTACK

Right Lapel Grab
Right round punch

REQUIRED TECHNIQUES

Delayed Sword
Returning Mace

Review: Right Round punch Inward Block & Punch
Review: Right Round Punch Inward Block & Kick

FREE STYLE COMBINATIONS

Leopard 1. Lunging Back Fist / Reverse Punch
Review - Lion, Cobra, Mongoose, Crane

KATA

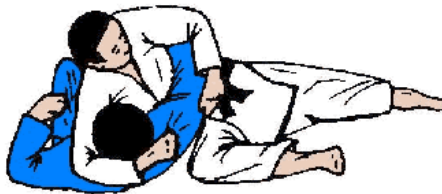
Power Set One Complete
Review: Universal Form One Basic

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)

BLACK BELT CLUB MATERIAL

Advanced Kicks: Spin Back Kicks / Side Kicks
BBC KATA : Short Form One/Stick Kata: 7, 7, Turn, 3



Required Equipment:

Sparring Gear, UMAA Membership (Includes: patches and belt certificates with each test).