



ADVANCED TIGER CURRICULUM

Eagle Series

ATTACK

Step through right kick
Right Lapel Grab
Left overhead
Left overhead

REQUIRED TECHNIQUES

Deflecting the Branch
Sword in Return
Upward Defense A
Upward Defense B

FREE STYLE COMBINATIONS

Eagle – Lunging Back Fist/ Reverse Punch/ Step-through Round Kick / Shuffle Side Kick
Review - Lion, Cobra, Mongoose, Mantis

KATA

Universal Form One Basic Version
Review: Basic Form #1

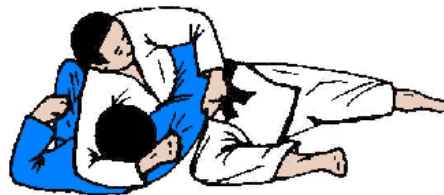
KICKS

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

Jump Front Kicks

Black Belt Club: Nunchaku skills / Eighteen Hands of Lohan



Theme of Cycle: Stranger Alert

Character Word: Honesty

Required Equipment: All Sparring Gear, Current UMAAI Membership