|  |
| --- |
| LITTLE TIGERS BASIC CURRICULUM |
| Skill |  | **Mini Red** | **Mini Yellow**  | **Mini Orange** |
| KICKING  |  | 10 Front Kicks in air, alternating legs | 10 Front Kicks on a target alternating legs | 10 Front Kicks on a target alternating legs while stepping down the mat |
| PUNCHING |  | 10 Basic Punches in the air alternating arms | 10 Basic Punches on a target alternating arms | 10 Basic Punches on a target alternating arms while stepping down the mat |
| BLOCKING |  | 10 Upper blocks in air alternating arms  | 10 Upper blocks on target, alternating arms  | 10 Upper blocks on target, alternating arms while stepping down the mat  |
| JUMPING |  | 5 jumps with both feet in rings  | 5 jumps with both feet on obstacles | 5 hops in rings on 1 foot |
| FOCUS |  | Seated meditation for 1 minute**Little Tigers Basic Form with Coach** | Seated meditation for 2 minutes**Little Tigers Basic Form Coaches instruction** | Seated meditation for 3 minutes**Little Tigers Basic Form memory** |
| FALLING  |  | 5 Backward Break Falls | 5 Side Break Falls | 5 Front Sprawls |
| LITTLE TIGERS ADVANCED CURRICULUM |
| Skill | **Mini Green** | **Mini Blue** | **Mini Purple** |
| KICKING  |  | 5 Front Kicks without putting foot down | 5 Round Kicks without putting foot down | 5 Side Kicks without putting foot down |
| PUNCHING |  | 10 punches to a moving target alternating arms | 10 punches to a dropping target alternating arms | 10 step out punches to a target thrown from 2 steps away alternating arms |
| BLOCKING |  | 5 Shield Blocks Using Both Hands | 10 Shield Blocks Using Alternate Hands | 10 Shield Blocks Using from random sides |
| JUMPING |  | 5 hops over an obstacle on 1 foot | 5 hops with 1 foot onto obstacle  | 5 Hops & Scissor kick to pad |
| FOCUS |  | Standing Meditation for 1 minute **Little Tigers Form with Coach – With Correct Stances** | Standing Meditation for 2 minutes**Little Tigers Form – With Correct Technique** | Standing Meditation for 3 minutes**Little Tigers Form with Adv. Corrections from Memory** |
| FALLING  |  | 5 Single Leg Back Break Falls | 4 Forward Rolling Break Falls | 4 Backward Rolling Break Falls |

|  |
| --- |
| TIGER SQUAD BASIC CURRICULUM |
| Skill | **Red-Gold** | **Yellow-Gold** | **Orange-Gold** |
| MEMORY  |  | Must perform all blocks and strikes from Basic Martial Arts Techniques stage 1**Blocks:** Upper, Inner, Lower, & Outer **Strikes:** Knife, Hook & Straight | Must perform all kicks and stances from Basic Martial Arts Techniques stage 1**Stances:** Ready, Fighting, & Warrior **Kicks:** Front, round & side  | Must perform all blocks, strikes, kicks, and stances from Basic Martial Arts Techniques stage 1 |
| COORDINATION |  | Must run through 5 left/right strikes on the mitts from memory stage 1 | Must run through 5 left/right kicks on the mitts from memory stage 1 | Must run through 10 left/right strikes and kicks on the mitts from memory stage 1 |
| CONTROL |  | Properly hitting target out of holder’s hand with knife hand strike 3 times 0.5m from wall | Properly hitting target out of holder’s hand with round kicks 3 times 0.5m from wall | Properly hitting target out of holder’s hand with sidekicks 3 times 0.5m from wall |
| BALANCE |  | 5 Front Kicks to the knee without putting your foot down | 5 Round Kicks to the knee without putting your foot down | 5 Side Kicks to the knee without putting your foot down |
| CONCENTRATION |  | Seated meditation for 1 minute **Tiger Squad Basic Form with Coach** | Seated meditation for 3 minutes**Tiger Squad Basic Form with Coach instruction** | Seated meditation for 5 minutes**Tiger Squad Basic Form from memory** |
| DISCIPLINE  |  | Escape from single hand arm grab – Using circles, push, strong root and “Leave me alone!” | Escape from double hand front shoulder grab – root, shoulder push off & “Leave me alone!” | Escape from double back shoulder grab – strong root, push off & “Leave me alone!” |
| TIGER SQUAD ADVANCED CURRICULUM |
| Skill | **Green-Gold** | **Blue-Gold** | **Purple-Gold** |
| MEMORY  |  | Must perform all defences & strikes from Basic Martial Arts Techniques stage 2**Defence:** Head Shield, Body Shield, Leg Check, Duck, Leg Catch**Strikes:** Backfist, Palm Heel, Elbow, Uppercut | Must perform all kicks and stances from Basic Martial Arts Techniques stage 2**Stances:** Cat, Bladed and Front**Kicks:** Hook Kick, Axe Kick, Knee | Must perform all defences, strikes, kicks, and stances from Basic Martial Arts Techniques stages 1 & 2 |
| COORDINATION |  | Must run through 10 left/right strikes on the mitts from memory stage 2 | Must run through 10 left/right kicks on the mitts from memory stage 2 | Must run through 10 left/right strikes and kicks on the mitts from memory stage 1 & 2 |
| CONTROL |  | Round House & Hook Kick to Paddle 3 Times | Round House, Hook Kick, Spin Hook Kick to Paddle 3 Times | Round House, Hook Kick, Spin Hook Kick, Tornado Kick to Paddle 3 Times |
| BALANCE |  | 10 Precise Front Kicks to the belly without putting your foot down | 10 Precise Round Kicks to the belly without putting your foot down | 10 Precise Side Kicks to the belly without putting your foot down |
| CONCENTRATION |  | Standing Meditation for 1 minute**Tiger Squad Form – with corrected stances** | Standing Meditation for 3 minutes**Tiger Squad Form – with corrected techniques** | Standing Meditation for 5 minutes**Tiger Squad Form memory with Adv. corrections** |
| DISCIPLINE  |  | Strong root, double shield from a haymaker, chest push & “Leave me alone!” | Head Lock Escape and push & “Leave me alone!” | Bear Hug escape and push & “Leave me alone!” |

|  |
| --- |
| DRAGON SQUAD BASIC CURRICULUM |
| Skill | **Red-White** | **Yellow-White** | **Orange-White** |
| TECHNIQUE  |  | Basic Martial Arts Techniques stage 1**Blocks:** Upper, Inner, Lower, & Outer **Strikes:** Knife, Hook & Straight | Basic Martial Arts Techniques stage 1**Stances:** Ready, Fighting, & Warrior **Kicks:** Front, round & side  | Must perform all blocks, strikes, kicks, and stances from Basic Martial Arts Techniques stage 1 |
| PRECISION |  | Properly hitting target out of holder’s hand using strikes 3 times using step up Front kick and Lead Straight Punch 1m from wall | Properly hitting target out of holder’s hand using strikes 3 times using Turning Round Kick and Rear Hook 1m from wall | Properly hitting target out of holder’s hand using strikes 3 times using Knife Hand and step up Side kick 1m from wall |
| SPEED |  | Kickboxing Combo’s x 3:**#1**: L Straight, R Straight, R Front Kick | Kickboxing Combo’s x 3:**#2**: L Hook, R Straight, L Low Round Kick**#3**: L Straight, L Side Kick, Right High Round Kick | Must perform kickboxing combination **#1**, **#2** & **#3** – 3 times in a row  |
| INSTINCT |  | The Secret Kung Fu Handshake (Upper, Inner, Lower & Outer)**Fixed Step Willow Bends (Slips & Ducks)** | Upper Push Hands**Random Fixed Step Willow Bends (Slips & Ducks)** | Outer to Inner Push Hands**Moving Random Willow Bends (Slips & Ducks) alternating partners** |
| MINDFULNESS |  | Seated meditation for 1 minute**Kickboxing Form with coach** | Seated meditation for 3 minutes**Kickboxing Form by coach instruction** | Seated meditation for 5 minutes**Kickboxing Form from memory** |
| COURAGE  |  | Escape from single hand arm grab – Using circles, push, strong root and “Leave me alone!” | Escape from double hand front shoulder grab – root, chest push off & “Leave me alone!” | Escape from double back shoulder grab – strong root, push off & “Leave me alone!” |
| DRAGON SQUAD INTERMEDIATE CURRICULUM |
| Skill | **Green-White** | **Blue-White** | **Purple-White** |
| TECHNIQUE  |  | Must perform Basic Martial Arts Techniques stage 1 blocks in 5-second slow motion count | Must perform Basic Martial Arts Techniques stage 1 strikes in 5-second slow motion count | Must perform Basic Martial Arts Techniques stage 1 kicks in 5-second slow motion |
| PRECISION |  | **Pad Sparring**: 3 attack Left and Right strike combos | **Pad Sparring**: 3 attack Left and Right kick Combos | **Pad Sparring**: Left and Right Striking & Kicking 3 attack combos |
| SPEED |  | Must round kick target 30 times in 30 seconds while putting foot down after each kick | Must round kick target 40 times in 30 seconds while putting foot down after each kick | Must round kick target 50 times in 30 seconds while putting foot down after each kick |
| INSTINCT |  | Lower Passing Push Hands**Basic Sparring**: Dealing with Strikes | Inner to Outer Passing Push Hands**Basic Sparring**: Dealing with Kicks | Freestyle Passing Hands Pushing**Basic Sparring**: Dealing with Strikes & Kicks |
| MINDFULNESS |  | Standing Meditation for 1 minute**Combinations Form with coach** | Standing Meditation for 3 minutes**Combinations Form by coach instruction** | Standing Meditation for 5 minutes**Combinations Form from memory** |
| COURAGE  |  | Strong root, double shield from a haymaker, chest push & “Leave me alone!” | Head Lock Escape and push & “Leave me alone!” | Bear Hug escape and push & “Leave me alone!” |

|  |
| --- |
| DRAGON SQUAD ADVANCED CURRICULUM |
| Skill | **Red-Black** | **Yellow-Black** | **Orange-Black** |
| TECHNIQUE  |  | Must perform all defences & strikes from Basic Martial Arts Techniques stage 2**Defence:** Head Shield, Body Shield, Leg Check, Duck, Leg Catch **Strikes:** Backfist, Palm Heel, Elbow, Uppercut | Must perform all kicks and stances from Basic Martial Arts Techniques stage 2**Stances:** Cat, Bladed and Front**Kicks:** Hook Kick, Axe Kick, Knee | Must perform all defences, strikes, kicks, and stances from Basic Martial Arts Techniques stages 1 & 2 |
| PRECISION |  | Destruction Techniques Level #1 to White Board: Straight and Front Kick | Destruction Techniques Level #2 to White Board: Hook and Side Kick | Destruction Techniques Level #3 to White Board: Spinning Backfist and Spin Side Kick |
| SPEED |  | Adv. Kickboxing Combo x3: **#1**: L Straight, R Straight, R Round Kick, Tornado Kick  | Adv. Kickboxing combo x3: **#2**: L Straight, R Straight, L Uppercut, Duck, L Hook, R Straight, R Round Kick, L Round Kick**#3**: L Hook, R Straight, Slip, Slip, L Hook, R Uppercut, L Hook, Spin Back Fist & Spin Side Kick | Adv. Kickboxing combo **#1-3** three times in a row |
| INSTINCT |  | Outer to Inner Rolling Arms Push Hands**Sparring**: Light Striking | Inner to Outer Rolling Arms Push Hands**Sparring**: Light Kicking | Silk Reeling Push Hands**Sparring**: Light Striking & Kicking |
| MINDFULNESS |  | Deep Breathing in Warrior Stance – 1 minute**Kicking Form with Coach** | Deep Breathing in Warrior Stance – 3 minutes**Kicking Form by Coach instruction** | Deep Breathing in Warrior Stance – 5 minutes**Kicking Form from Memory** |
| COURAGE  |  | Kick Boxing applications:**#1** Straight**#2** Hook  | Kick Boxing applications:**#3** Cross**#4** Front Kick**#5** Round Kick | All Kick Boxing applications |
| DRAGON SQUAD ELITE CURRICULUM |
| Skill | **Blue-Black** | **Purple-Black** | **Black-Red (Elite Belt)** |
| TECHNIQUE  |  | Must perform stage 2 defences and strikes in 5-second slow motion count | Must perform stage 2 kicks in 5-second slow motion count | Must perform all stage 1 & 2 defences, strikes, kicks in 5-second slow motion count |
| PRECISION |  | Destruction Techniques Level #1, #2 & #3 to Yellow Board | Destruction Techniques Level #1, #2 & #3 to Orange Board | Destruction Techniques Level #1, #2 & #3 to Double up White & Yellow Boards |
| SPEED |  | 30 Alternating Round Kicks Punch Bag in 30 Seconds | 40 Alternating Round Kicks Punch Bag in 30 Seconds | 50 Alternating Round Kicks Punch Bag in 30 Seconds |
| INSTINCT |  | Crossing Hands Circle Push Hands**Sparring**:Semi-Contact Striking | Horizontal Circle Push Hands**Sparring**: Semi-Contact Kicking | Vertical Circle Push Hands**Sparring:** Semi-Contact Striking & Kicking |
| MINDFULNESS |  | Zhan zhuang – Standing Post - 1 minute**Close Quarter Form from Memory** | Zhan zhuang – Standing Post - 3 minutes**Power Hands Form from Memory** | Zhan zhuang – Standing Post - 5 minutes**All forms from memory** |
| COURAGE  |  | Close Quarter Applications:**#1** Rising Elbow**#2** Dropping Elbow | Close Quarter Applications:**#3** Inner & Spin Outer Elbow**#4** Rising Knee**#5** Angled Elbow | All Close Quarter Applications |