



AGES: **TINY TIGERS *YELLOW BELT***

KICKS

Front Kick
Back Kick
Side Kick
Roundhouse Kick

STANCES

Neutral Bow
Forward Bow
Attention
Training Horse

BLOCKS

STAR BLOCK SET

1. Upward
2. Inward
3. Extended Outward
4. Downward
5. Back Elbow (Strike)
6. Pushdown

STRIKES

Outward Handsword
Ridgehand
Inward Elbow
Outward Elbow
Heel Palm

FORMS

UNIVERSAL 1

- Step back into a left neutral bow
1. Left backfist
 2. Right reverse punch, forward bow
 3. Right step through roundhouse kick, plant forward
 4. Right drag up side kick, plant forward
 5. Right backfist
 6. Left reverse punch on left knee
 7. Pivot back with both hands on ground
 8. Right high side kick
 9. Pivot front, left ridge hand with tension
 10. Right outward hand sword with tension
 11. Stomp right foot with reverse punch
 12. Close

TECHNIQUES

1. DELAYED SWORD (Straight right punch)
2. ATTACKING MACE (Straight right punch)



AGES:

TINY TIGERS ORANGE BELT

STANCES

Rear Twist

Front Twist

FINGER TECHNIQUES

Straight finger thrust

Vertical finger thrust

Vertical upper thrust

STRIKES

Inward elbow

COMBINATIONS

Sparring Hand Pads

Offensive - back fist, reverse punch

Defensive - block backfist, reverse punch

(Hand gear required)

TECHNIQUES

1. Deflecting Hammer (Right front kick)

2. Thrusting Salute (Right front kick, right straight punch)

FORMS

UNIVERSAL 2

Step back into a left neutral bow

1. Left backfist

2. Step through right reverse punch

3. Slide left foot into a rear twist stance going forward

4. Spin out into left backfist

5. Right reverse punch on right knee

6. Stand up into a left reverse bow (lean away) with left pushdown and with left open-hand upward block

7. Step back into a right reverse bow with right pushdown and left open-hand upward block

8. Step back with right into a training horse

9. Left straight finger thrust

10. Right straight finger thrust

11. Left middle vertical finger thrust

12. Right middle vertical finger thrust

13. Left low uppercut finger thrust (palm up)

14. Right low uppercut finger thrust (palm up)

15. Lift left leg to right one leg stance, w/ left pushdown and right open-hand upward block, SHOW CONTROL

16. Close



AGES:

TINY TIGERS *PURPLE BELT*

KICKS

Hook Kick
Inside Crescent
Outside Crescent

STANCES

Wide Kneel
Close Kneel

STRIKES

Outward hand sword
Inward hand sword
Heel palm
Back hammerfist
Outward elbow

BLOCKS

Universal
Reverse Universal

TECHNIQUES

1. Mace of Aggression (Two hand lapel grab)
2. Sword of Destruction (Straight left punch)

FORMS

KICKING KATA

Step back into left neutral bow

1. Left outward hand sword
2. Right reverse punch, forward bow
3. Left vertical finger thrust, back to neutral
4. Step through right roundhouse kick
5. Right outward hand sword
6. Left reverse punch, forward bow
7. Right vertical finger thrust, back to neutral
8. Left step through roundhouse kick
9. Left downward block
10. Right reverse punch, forward bow
11. Slide right foot to left, left hand chambered, right hand over left
12. Slow right outward hand sword to side
13. Right side kick, land in training horse
14. Slide left foot to right, right hand chambered, left hand over right
15. Slow left outward hand sword to side
16. Left side kick, land in training horse
17. Star block set with both hands but as you push down, slide into straddle split
18. Close



AGES:

TINY TIGERS *BLUE BELT*

KICKS

Flying side kick

Spinning hook

Axe kick

STANCES

45 degree cat stance

Reverse cat stance

STRIKES

Spinning back fist

Back elbow

Obscure back elbow

Upward elbow

TECHNIQUES

1. Obscure Wing (Rear right shoulder grab)
2. Buckling Branch (Left front kick)
3. Checking the Storm (Overhead Right club attack)

FORMS

UNIVERSAL THREE

Set in a horse stance

1. Pivot to left forward bow as you drag right hand up into outward hand sword
2. Pivot to a right forward bow as you drag left hand up into outward hand sword
3. Bring left foot to right foot, left hand over right
4. Left back fist while stepping forward w/ left foot to left neutral bow
5. Step through right reverse punch
6. Left rear twist, right back fist
7. Left spinning back fist
8. Right reverse punch
9. Right step through roundhouse kick
10. Step back reverse into left neutral bow
11. Step back reverse into right neutral bow
12. Left step through front kick, drop back into right neutral bow
13. Two downward handswords to downward 45 angles
14. Grab w/ right hand at shoulder level
15. Step back w/ right foot and rotate down, left punch as you bend left knee
16. Turn forward, switching knees, left upward block with right reverse punch
17. Close



AGES:

TINY TIGERS GREEN BELT

FOOT MANEUVERS

Push Drag Forward

Push Drag Reverse

Front Twist Stance (Forward/Reverse)

Rear Twist Stance (Forward/Reverse)

TECHNIQUES

1. Parting Wings (Two hand push)
2. Crossing Talon (Cross wrist grab)
3. Triggered Salute (Left shoulder push)

STRIKES

Inward Horizontal Claw

Outward Horizontal Claw

Front Vertical Claw

Inverted Backfist

FORMS

UNIVERSAL FOUR

(SEE YOUR INSTRUCTOR)



AGES:

TINY TIGERS BROWN BELT

KICKS

Spinning Outside Crescent

Jump Spinning Inside Crescent

Jump Spinning Hook

TECHNIQUES

1. Raking Mace (Two hand lapel grab)
2. Five Swords (Right roundhouse punch)
3. Thrusting Prongs (Front bear hug, arms pinned)

FORMS

UNIVERSAL FIVE

(SEE YOUR INSTRUCTOR)



AGES:

TINY TIGERS RED BELT

TECHNIQUES

1. Leaping Crane (Straight right punch)
2. Obstructing the Storm (Right overhead club attack)
3. Evading the Storm (Right overhead club attack)
4. Swinging Pendulum (Right roundhouse kick)

FORMS

COORDINATION SET #1

(SEE YOUR INSTRUCTOR)



AGES:

TINY TIGERS SENIOR RED BELT

TECHNIQUES

1. Darting Mace (Two hand wrist grab - right arm)
2. Hooking Wings (Low two hand push)
3. Circling Wing (Two hand rear choke)
4. Spiraling Twig (Rear bear hug - arms free)

FORMS

Finger Set

Striking Set

JR. BLACK BELT

DETAILED REVIEW OF EACH BELT LEVEL

UNIVERSAL 6