

Tiny Tigers Programme

For each testing to attain the next tag students will be required to perform the following

Exercises

Press ups (10); Sit Ups (10); Star Jumps (10); Punching Exercises.

Classwork

Kicks up and down the class.

Hand Techniques up and down the class

From White Belt to Orange Tag (End of first Full Term)

Basic Moves

- Hand Technique 1 - Low Block
- Kick Technique 1 – Front Kick
- Defence Technique 1 – Knife Hand Block, Elbow Strike

Padwork Punching and Kicking as time allows.

From Orange Tag to Green Tag (End of second Full Term)

Basic Moves

- Hand Technique 1 - Low Block
- Hand Technique 2 - High Block
- Kick Technique 1 – Front Kick
- Kick Technique 2 - Side Kick
- Defence Technique 1 – Knife Hand Block, Elbow Strike
- Defence Technique 2 - Knife Hand Block, Double Elbow Strike

Padwork Punching and Kicking as time allows.

From Green Tag to Brown Tag (End of third Full Term)

Basic Moves

- Hand Technique 1 - Low Block
- Hand Technique 2 - High Block
- Hand Technique 3 - High Block
- Kick Technique 1 – Front Kick
- Kick Technique 2 - Side Kick
- Kick Technique 3 - Roundhouse Kick
- Defence Technique 1 – Knife Hand Block, Elbow Strike
- Defence Technique 2 - Knife Hand Block, Double Elbow Strike
- Defence Technique 3 - Knife Hand Block, Knife Hand Strike

Padwork Punching and Kicking as time allows.

From Brown Tag to Red Tag

(End of fourth Full Term)

Basic Moves

- Hand Technique 2 - High Block
- Hand Technique 3 - In to Out Block
- Hand Technique 4 - Out to In Block
- Kick Technique 2 - Side Kick
- Kick Technique 3 - Roundhouse Kick
- Kick Technique 4 - Back Kick
- Defence Technique 2 - Knife Hand Block, Double Elbow Strike
- Defence Technique 3 - Knife Hand Block, Knife Hand Strike
- Defence Technique 4 - Knife Hand Block, Centre Punch (Lefthand)

Padwork Punching and Kicking as time allows.

From Red Tag to Blue Tag

(End of fifth Full Term)

Basic Moves

- Hand Technique 3 - In to Out Block
- Hand Technique 4 - Out to In Block
- Hand Technique 5 - Two Handed Block
- Kick Technique 3 - Roundhouse Kick
- Kick Technique 4 - Back Kick
- Kick Technique 5 - Step Side Kick
- Defence Technique 3 - Knife Hand Block, Knife Hand Strike
- Defence Technique 4 - Knife Hand Block, Centre Punch (Lefthand)
- Defence Technique 5 - Knife Hand Block, Punch To face (Simultaneously)

Padwork Punching and Kicking as time allows.

Blue Tag Pre-test

(End of sixth Full Term)

At the end of the sixth term Blue Tags do not test for Black Tag but will be tested to ensure that they know their techniques and also keep them practicing.

Basic Moves

- Hand Technique 1 - Low Block
- Hand Technique 2 - High Block
- Hand Technique 3 - High Block
- Hand Technique 4 - Out to In Block
- Kick Technique 1 - Front Kick
- Kick Technique 2 - Side Kick
- Kick Technique 3 - Roundhouse Kick
- Kick Technique 4 - Back Kick
- Defence Technique 1 - Knife Hand Block, Elbow Strike
- Defence Technique 2 - Knife Hand Block, Double Elbow Strike
- Defence Technique 3 - Knife Hand Block, Knife Hand Strike
- Defence Technique 4 - Knife Hand Block, Centre Punch (Lefthand)

Padwork Punching and Kicking as time allows.

Basic Moves

- Hand Technique 1 - Low Block
- Hand Technique 2 - High Block
- Hand Technique 3 - High Block
- Hand Technique 4 - Out to In Block
- Hand Technique 5 - Two Handed Block
- Kick Technique 1 – Front Kick
- Kick Technique 2 - Side Kick
- Kick Technique 3 - Roundhouse Kick
- Kick Technique 4 - Back Kick
- Kick Technique 5 - Step Side Kick
- Defence Technique 1 – Knife Hand Block, Elbow Strike
- Defence Technique 2 - Knife Hand Block, Double Elbow Strike
- Defence Technique 3 - Knife Hand Block, Knife Hand Strike
- Defence Technique 4 - Knife Hand Block, Centre Punch (Lefthand)
- Defence Technique 5 - Knife Hand Block, Punch To face (Simultaneously)

Padwork Punching and Kicking as time allows.

Comments.

The course is designed to take the student approximately three years to complete, (i.e. from aged 5 to aged 7), with the last two terms of the three school years, spent as a black tag getting ready to move to the Main Class at the start of the next term. This is for a student with average ability and regular attendance, if classes are missed due to holiday or illness then it may take slightly longer, we do not see this as a problem.

Each student will must make their own progress, some will take longer than others to learn certain techniques, but may then catch up later. It is important that the student is allowed to progress at their own rate, and do not feel under external pressure to achieve. Learning to be a better person later in life, having a set of values, and exercising are all important parts of a traditional martial art and are our main aims.