



Tiger Program Stripes

Each cycle, students will train in class on the material listed on the stripe sheets. In order to test to the next rank they will need to demonstrate this material to the instructor. Stripes are given to show a student's progress. No student may test until they have attained all of the required stripes and the instructor's permission to test.

Stripe Number One (Orange Stripe): The Orange stripe is given when a student can demonstrate the required basic techniques. Please make a habit to practice each move each day. Students can not advance or earn other stripes until they have earned this stripe.

Stripe Number Two (Yellow Stripe): The Yellow stripe is given when a student can demonstrate their form up to the expectation of the instructor.

Stripe Number Three (Green Stripe): The Green stripe is given when a student can demonstrate their one-step to the expectation of the instructor.

Stripe Number Four (Red Stripe): The Red stripe is given when a student has completed the Life Skill sheet and obtained all necessary signatures. Upon completion the student will submit this form along with their testing registration and receive their red stripe.

Stripe Number Five (Black Stripe): *The Black stripe is optional.* It is a goal that students can set for themselves. In order to achieve the black stripe a student must complete all of their material by memory without help from the instructor. Students who earn their black stripe will perform at testing in a special group and earn a red star for their uniform.

Please note. A child's behavior in class is as important as their physical and mental abilities. Self discipline is a huge part of our program. In order to receive the full benefits of enrollment, we ask that parents reinforce necessary behavioral corrections on and off the floor. Children who are repeatedly disruptive or disobedient may be required to leave the class or not be permitted to test for either stripes or rank.

Expectations for Advancement

White Belts - White Belts will be required to demonstrate the techniques determined by the instructor. They will also demonstrate their form and One-Step by *following* the instructor.

Orange - Yellow - Students at this rank will be required to demonstrate the techniques determined by the instructor. They will also demonstrate their form and one-step by performing it *with* the instructor.

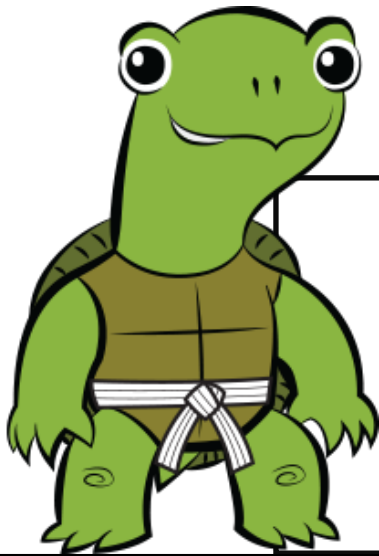
Camo and above - Students at this rank will be required to demonstrate the techniques determined by the instructor. They will also demonstrate their form and One-Step by performing it *with only verbal help* from the instructor. They will also be required to demonstrate a sparring sequence and spar to proficiency for their level.

When is it time for my child to move up to the Junior ranks?

Children who reach the age of 7 or the rank of red belt decided, will be ready to move up to the Junior ranks. Parent's need to notify Ms. Rieger as to their intention of moving a child up at the beginning of the cycle. Before graduation from the Tiger program, a student must do the following:

- Perform at testing all of their material by memory with proficiency.
- Complete 4 classes in the Junior White/Orange/Yellow class before their final tiger testing.
- Turned in an Intention to Graduate form.

Students will be promoted to the rank of Orange Belt Decided in the Junior Program. Students who have not achieved the rank of orange belt in the Tiger program or met the requirements above will be promoted to the White belt rank in the Junior Program.



Tiger Stripe Sheet

Songahm 1– Second Half

Stripe Number One (Orange Stripe)

Basic Techniques

- ⇒ High Block
- ⇒ #2 Front Kick
- ⇒ Low Block
- ⇒ Single Inner Forearm Block
- ⇒ #3 Side Kick

Stripe Number Two (Yellow Stripe)

Form

Songahm 1 - Second Half

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|--|---|
| <ol style="list-style-type: none"> 1. Step into a front stance with Right foot. Right hand High Block 2. Aim with Right Hand. Reverse Punch with Left Hand. 3. #2 Front Kick with Left Leg. 4. Low Block with Left Hand. 5. Aim with Left Hand. Step and Punch with Right Side. 6. Step back with Left Foot. Turn Body 90 | <p>degrees to face Left, stepping into a middle stance. Left Arm Single Inner Forearm Block</p> <ol style="list-style-type: none"> 7. Right Foot steps to Leftt Foot in T formation. Left #3 Side Kick 8. Left Hand Knife Hand Strike 9. Aim with Left Hand. Step and Punch with RightSide |
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Stripe Number Three (Green Stripe)

One-Step

Word

Technique

I	Step back with Left foot into Middle Stance.
Listen	Inner Forearm Block with Right Hand
Pay Attention	#1 Side Kick with Right Leg
Follow Directions	Right Hand Knife Hand Strike
I'm A Tiger	Step back with Right foot into forward facing front stance. Left Hand Low Block

Tiger Life Skill Sheet

Stripe Number Four (Red Stripe) Life Development/Permission to test

Word of the Cycle: Honesty

Definition: To be truthful in what we say and do.

Being Honest means telling the truth all of the time. But that is only part of it. Honesty also means being truthful in our actions. If we have to hide what we are doing then we are not being honest. Some good examples of honesty are:

- Admitting to our actions even if we're going to get in trouble.
- Telling the Truth about how something really happened.
- Not telling lies about other people or spreading rumors.
- Not taking things that don't belong to us.

Write down 5 ways that you have shown how honest you are this cycle.

1. _____
2. _____
3. _____
4. _____
5. _____

Self Defense: Ears, Ears, Nose

Students will be learning what to do if an attacker picks them up to carry them away.. In addition to the above technique, students will be working on the concepts of Think, Scream and Run.

Permission to Test for Rank Advancement

By signing this form, the instructor certifies that the student is eligible to participate in rank testing.

Instructor's Signature: _____

Parent's , please give your permission to participate in rank testing by signing this form and register your child with the office: Upon registration and completion of this form, your child will receive a red stripe.

Parent's Signature: _____