



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 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?

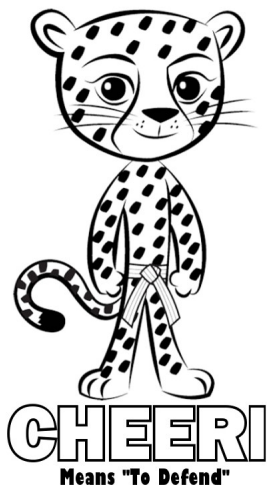
Children who reach the age of 7 or the rank of red belt decided, will be ready to move up to the Junior ranks. Parent's need to notify Ms. Rieger as to their intention of moving a child up at the beginning of the cycle. Before graduation from the Tiger program, a student must do the following:

- Complete an application for graduation and turn in your instructor
- 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.
- Receive the permission of both Ms. Rieger and Mr. Kraus.

Students will be promoted to the rank of Orange Belt Decided in the Junior Program.

Tiger Stripe Sheet

Songahm 3 - First Half



Stripe Number One (Orange Stripe)

Basic Techniques

- ⇒ Double Knife Hand Block
- ⇒ #2 Round Kick
- ⇒ #3 Jump Front Kick
- ⇒ Knife Hand High Block
- ⇒ Knife Hand Low Block

Stripe Number Two (Yellow Stripe)

Form Stripe

Songahm 3 (Yellow Belt Form) First Half

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| <ol style="list-style-type: none"> 1. Step forward with left foot into a back stance. Left hand Knife hand strike 2. Double knife hand block 3. #4 Front Kick. (Left foot steps back. Right foot kicks and lands forward in a front stance.) 4. #2 Round Kick. Left foot kicks and lands forward in front stance. 5. Left hand Low Block 6. Left hand High Block 7. Right foot steps up into a middle stance. Aim with left hand. Punch with right hand. | <ol style="list-style-type: none"> 8. Left hand punch 9. Left foot steps behind. Turn 180 degrees into middle stance. Right Spear Hand Strike 10. Left Spear Hand Strike 11. Step forward with right foot into a front stance. Right Hand Low Block. 12. Aim with right hand. Reverse punch with left hand. 13. #3 Jump Front Kick Right foot kicks 14. Aim with right hand. Reverse Punch with left hand |
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Stripe Number Three (Green Stripe)

One Step

Word

Technique

Self - Control

Step back with Right foot. **Double Outer Forearm Block**

Controlling

#3 Jump Front Kick with Left Foot

My

Left Knife Hand Strike

Actions

Reverse Right Hand Punch

Self-Control

Step back with Right foot. **Double Outer Forearm Block**

Tiger Life Skill Sheet

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

Word of the Cycle: Goals

Definition: Something I want to become.

Create healthy habits by setting goals and working towards them. For instance getting better at doing chores, giving up sweets for a week or getting ready for bed at night. Set a Goal and work towards it, 5 days in a row.

Goal	Days Completed				

Self Defense: Drop like a Rock

Students will be learning what to do if an attacker tries to drag 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: _____