



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 the required form and 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. Parents 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:

- Achieve the rank of Orange Belt in the Tiger ranks.
- 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 2 - First Half



Stripe Number One (Orange Stripe)

Basic Techniques

- ⇒ Double Outer Forearm Block
- ⇒ #2 Round Kick
- ⇒ Single Outer Forearm Block
- ⇒ Back Stance
- ⇒ #3 Front Kick

Stripe Number Two (Yellow Stripe)

Form Stripe

- | | |
|---|---|
| <ol style="list-style-type: none"> 1. Step back with right foot into Back Stance. Double Outer Forearm Block with Left hand forward. 2. #3 Front Kick. (Right foot steps forward together. Left Foot kicks and steps forward into a Front Stance). 3. Reverse Punch. (Front hand aims, back hand punches). 4. #2 Round Kick. Right foot kicks and lands in middle stance at a 90 degree angle from starting point, turning to the left. 5. Twin Low Block 6. Left Foot steps forward into Front Stance. Single Outer Forearm Block (Block with the same hand side as the forward foot. In this case, Left Hand) | <ol style="list-style-type: none"> 7. Reverse Punch. (Front hand aims, back hand punches). 8. Right Foot steps forward into Front Stance. Single Outer Forearm Block (Block with the same hand side as the forward foot. In this case, Right Hand.) 9. Reverse Punch. (Front hand aims, back hand punches). 10. Adjust Left foot into a back stance. (Left Toes pointing to a 90 degree turn to the left, right toes remain in same position.) Knife Hand Strike with Left Hand 11. #2 Round Kick. Right foot kicks and lands in back stance at a 90 degree angle from starting point, turning to the left. 12. Double Outer Forearm Block with Right Hand forward. |
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Stripe Number Three (Green Stripe)

One Step

Word

Technique

Courtesy

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

Something

Backfist

I

Reverse Right Hand Punch

Show Daily

#4 Round Kick (Left Foot steps back together. Right foot round kicks and lands forward in back stance.)

Courtesy

Step back with Left Foot. **Double Outer Forearm Block**

Tiger Life Skill Sheet

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

Word of the Cycle: Loyalty

Definition: Being True to My Family and Friends.

Showing Loyalty to the important people in our lives can have many meanings. Obviously, it can mean sticking up for your family and friends. But it can also mean keeping our promises, listening to our parents and teachers, and doing things to help others. Over the cycle, record ways that you have shown your loyalty to your family and friends.

1.	2.
3.	4.
5.	6.
7.	8.
9.	10.

Self Defense: Weak Link Release

Students will be learning what to do if an attacker gets a hold their arm and tries to pull 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: _____