



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:

- 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.
- Parents must complete an Intent to Graduate form and turn it in 2 weeks prior to testing

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 front stance. Left Low Block 2. Aim with Left Hand. Reverse punch with Right Hand. 3. #3 Jump Front Kick. (Left foot Kicks). 4. Aim with Left Hand. Reverse punch with Right Hand. 5. Step up into middle stance. Right Knife Hand Strike. 6. Left hand Back Fist 7. Left foot steps behind right leg. Turn around 180 degrees into middle stance. Left Hand Knife Hand Strike | <ol style="list-style-type: none"> 8. Right Back Fist 9. Right foot steps forward into Back Stance. Right Knife hand Strike. 10. Double Knife Hand Block with Right hand forward. 11. Right foot steps back. #4 Front Kick (Left Foot kicks). Land in Front stance. 12. #2 Round Kick with Right foot. 13. Knife Hand Low Block. Right Hand Blocks 14. Knife Hand High Block. Right Hand Blocks |
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Stripe Number Three (Green Stripe)

Word

Technique

- | | |
|-----------|---|
| Integrity | Step back with Left foot. Double Outer Forearm Block |
| Choosing | #3 Jump Front Kick with Right Foot |
| Right | Right Back Fist |
| Over | Reverse Left Hand Punch (Target Mid Section) |
| Wrong | Forward Right Hand Punch (Target High Section) |
| Always | #1 Round Kick (Right Foot Kicks) |
| Integrity | 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: Integrity

Definition: Doing What's Right, Even when no one is looking

Integrity is a big word but even small children can show examples of integrity in every day life and it is a very important part in growing up to be a good person. Integrity can be shown in many different ways (i.e. Telling the truth, keeping your word, showing respect to others, etc...). Record six times that you have shown integrity outside of class.

Self Defense: Heel Stomp

Students will be learning what to do if an attacker grabs a hold of them and 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: _____