

LITTLE TIGER CURRICULUM

WHITE-YELLOW

Brown = Philosophies 1-2

Blue = 3 Push-ups/ 3 Sit-ups (kneel down push-up and sit-up with instructors help with instructor)

Red = 4 Front kicks

Green = Basic Hand Technique 1-6

Yellow = Rising, Side, Down block (L hand), Punch (R hand), Front kick (R foot), Skip back front kick (R foot).

Black = Hammer fist

YELLOW-ORANGE

Brown = Philosophies 1-3

Blue = 5 Push-ups/ 5 Sit-ups (kneel down push-up and sit-up with instructors help with instructor)

Red = 4 Round house kicks

Green = Basic Hand Technique 1-8

Yellow = Skip forward L hand palm block, 2 punches (R then L-in horse stance), skip back, round house kick (R leg).

Black = Front kick

ORANGE-GREEN

Brown = Philosophies 1-4

Blue = 7 Push-ups/ 7 Sit-ups (kneel down push-up and sit-up with instructors help with instructor)

Red = 2 Front kicks, 2 Round house kicks, 2 Side kicks

Green = Basic Hand Technique 1-10

Yellow = Step side kick (L leg), step forward knife hand (L hand-front stance), 2 punches(R then L-horse stance).

Black = Step side kick

GREEN-BLUE

Brown = Philosophies 1-5

Blue = 3 Push-ups/ 3 Sit-ups (regular-no help from instructors)

Red = Side kick (R), back kick (L), axe kick(R).

Green = Basic Hand Technique 1-12

Yellow = Skip forward palm block (L hand), 2 punch (R then L-horse stance), skip back, switch feet, step side kick (R foot).

Black = Axe kick

BLUE- BROWN

Brown = Philosophies 1-6

Blue = 5 Push-ups/ 5 Sit-ups

Red = Axe kick (R), back kick (L), double round house kick(R then L).

Green = Basic Hand Technique 1-14

Yellow = Step forward inner side block (L hand-front stance), 2 punches (R then L-horse stance), step back, round house kick (L leg), spinning heel kick (R leg).

Black = Back kick

BROWN-RED

Brown = Philosophies 1-7

Blue = 7 Push-ups/ 7 Sit-ups

Red = Switch feet Inside-outside (L leg-land foot forward), outside-inside (R leg) Crescent kick, back kick (L leg).

Green = Basic Hand Technique 1-16

Yellow = Step back (L leg) palm block (R hand), tornado kick (R leg).

Black = Jumping front kick

RED-PURPLE

Brown = Philosophies 1-8

Blue = 9 Push-ups/ 9 Sit-ups

Red = Round house kick (R leg), tornado kick (R leg), Spinning heel kick (L leg).

Green = Basic Hand Technique 1-18

Yellow = Step back (L leg) palm block (R hand), step up spinning heel kick (R leg), round house kick (R leg).

Black = Flying side kick.

PURPLE-BLACK

Brown = Philosophies 1-9

Blue = 11 Push-ups/ 11 Sit-ups

Red = Skip forward, Skip back 45 degree, round house kick (R leg), Hook kick same foot, Spinning heel kick (L leg).

Green = Basic Hand Technique 1-20

Yellow = Skip forward front stance knife hand block (R hand), 2 punches horse stance (L then R), skip back round house kick hook kick (R foot-don't set foot down between kicks).

Black = Spinning heel kick.

BLACK STRIP-GREEN BELT

Brown = Philosophies 1-10

Blue = 13 Push-ups/ 13 Sit-ups

Red = Brown, Red and Purple kicking combinations.

Green = Taeguk Il Jang

Yellow = Orange belt one-step sparring #1~3

Black = 2 hop step side kicks with m-size board right & left kick