

# **Tiny Tigers Programme**

## **From White Belt to White Belt Orange Tag**

### Basic Moves

On the spot in a natural stance.

- Front Punch (High) 10 times.
- Front Punch (Centre) 10 times.
- High Block 5 times.
- Outside/Inside block 5 times.

On the spot in a natural stance.

- Front kick 5 times .

### Partner Work (performed to the count)

- Hand Technique Number 1
- Kick Techniques Number 1

### Pad Work

- Basic Double Punch High 3 times
- Basic Double Punch Centre 3 times

### Exercises

- Press ups (10)
- Sit Ups (10)
- Star Jumps (10)

## **From White Belt Orange Tag to White Belt Green Tag**

### Basic Moves

On the spot in a natural stance

- Front Punch (High) 10 times.
- Front Punch (Centre) 10 times.
- High Block 10 times.
- Outside/Inside block 10

On the spot in a natural stance.

- Front kick 5 times each leg.

### Partner Work (performed to the count)

- Hand Techniques Numbers 1 and 2
- Kick Techniques Numbers 1 and 2

### Pad Work

- Basic Double Punch High 3 times
- Basic Double Punch Centre 3 times

### Exercises

- Press ups (10)
- Sit Ups (10)
- Star Jumps (10)

## **From White Belt Green Tag to White Belt Brown Tag**

### Basic Moves

- Front Punch (High) 3 times stepping in front stance and turn.
- Front Punch (Centre) 3 times stepping in front stance and turn.
- Low block 3 times stepping forward in front stance and turn
- High Block 3 times stepping forward in front stance and turn.
- Outside/Inside block 3 times stepping forward in front stance and turn.
- Front kick 3 times stepping forward in front stance.

### Partner Work (performed to the count)

- Hand Techniques 1, 2, and 3
- Kick Techniques 1, and 2

### Pad Work

- Basic Double Punch High 5 times
- Basic Double Punch Centre 5 times
- Front Kick 5 times in front stance both legs

### Exercises

- Press ups (10)
- Sit Ups (10)
- Star Jumps (10)

## **From White Belt Brown Tag to White Belt Red Tag**

### Basic Moves

- Front Punch (High) 3 times stepping in front stance and turn.
- Front Punch (Centre) 3 times stepping in front stance and turn.
- Low block 3 times stepping forward in front stance and turn
- High Block 3 times stepping forward in front stance and turn.
- Outside/Inside block 3 times stepping forward in front stance and turn.
- Inside/Outside block 3 times stepping forward in front stance and turn.
- Front kick 3 times stepping forward in front stance turn and repeat.

### Partner Work (performed to the count)

- Hand Techniques 1, 2, and 3
- Kick Techniques 1, 2, and 3

### Pad Work

- Basic Double Punch High 5 times
- Basic Double Punch Centre 5 times
- Front Kick 5 times in front stance both legs

### Exercises

- Press ups (10)
- Sit Ups (10)
- Star Jumps (20)

## **From White Belt Red Tag to White Belt Blue Tag**

### Basic Moves

- Low block 5 times stepping forward in front stance and turn
- High Block 5 times stepping forward in front stance and turn.
- Outside/Inside block 5 times stepping forward in front stance and turn.
- Inside Outside block 5 times stepping forward in front stance and turn.
- Front Punch (Centre) 5 times stepping in front stance and turn.
- Front Punch (High) 5 times stepping in front stance and turn.
- Front kick 5 times stepping forward in front stance and turn.
- Step Side kick 5 times in horse stance, turn and repeat.

### Partner Work (performed to the count)

- Hand Techniques 1, 2, 3 and 4
- Kick Techniques 1, 2, 3, and 4

### Pad Work

- Basic Double Punch High 5 times
- Basic Double Punch Centre 5 times
- Front Kick 5 times in front stance stepping forward both legs

### Hyungs

- Basic Form moves Low Block, Centre Punch moving to left then repeat moving to right.

### Exercises

- Press ups (10)
- Sit Ups (10)
- Star Jumps (20)

## **From White Belt Blue Tag to White Belt Black Tag**

### Basic Moves

- Low block 5 times stepping forward in front stance and turn
- High Block 5 times stepping forward in front stance and turn.
- Outside/Inside block 5 times stepping forward in front stance and turn.
- Front Punch (Centre) 5 times stepping in front stance and turn.
- Reverse Punch (Centre) 5 times stepping in front stance and turn.
- Front kick 5 times stepping forward in front stance and turn.
- Side Kick 5 times stepping forward in front stance and turn.
- Step Side kick 5 times in horse stance, turn and repeat.

### Partner Work (performed to the count)

- Hand Techniques 1, 2, 3, 4, and 5
- Kick Techniques 1, 2, 3, 4, and 5

### Hyungs

- Sae Kye Hyung Il Bu – WTSDA Basic Form Number one.

### Exercises

- Press ups (10)
- Sit Ups (10)
- Star Jumps (20)