

# TIGER CUBS INFORMATION SHEET: TESTING APR. 2021

The Tiger Rock Tiger Cub Program yields many benefits for pre-school and kindergarten age children. Our curriculum is designed to help develop both sides of the body while enhancing focus and impulse control. Our cubs increase their confidence and improve their coordination while having fun!

## GENERAL RULES:

- **Let sleeping tigers lie.** If your child falls asleep in the car, please come another day.
- **Take a potty break.** Please ensure your child's restroom needs are met before getting on the mat.
- **Tailor the uniform.** Please hem sleeves and pant legs as necessary for safety and comfort.
- **Safety first!** Please escort your Tiger Cub into the academy and to the bathroom.

LISTEN	1A
OBEY	2
LEARN	3
SHARE	4
PATIENCE	5
ATTITUDE	6
COURAGE	7

## CURRICULUM & STRIPES:

Tiger Cubs will need 5 black stripes to be eligible for your next belt exam. Tiger Cubs are allowed to belt/stripe test at the sole discretion of the instructor. Below is the break down for each stripe. Typically 4yr old Cubs test every other cycle, 5&6yr old Cubs test every cycle, and 6yr old Cubs may double promote. *[Double promotion is possible when determined in the best interest of the student considering age and maturation level. Having this tool allows instructors flexibility when dealing with age and developmental stage variations.]*

**PRE-REQ. STRIPE:** Before you can earn your 5 black stripes for testing, you must earn at least one of the below stripes for being able to properly tie your uniform and belt.

Parent ties belt

Student ties belt

### 1st STRIPE – CYCLE LIFE LESSON

**COURAGE:** “I am strong. I am brave. I have courage!”

### 2nd STRIPE – STANCES & LISTENING POSITIONS

#### STANCES

- Chung-Be – feet shoulder width, top two knuckles face each other in front of the knot of your belt
- Front – four feet long, feet shoulder width, front leg bent (60% of weight), back leg straight, all toes point forward

#### LISTENING POSITIONS

3. Standing with hands behind back
4. Feet together, hands at sides, eyes forward

### 3rd STRIPE – STRIKE & BLOCK

- Knife Hand Strike
- Low Block

### 4th STRIPE – KICK

- Outside Crescent Kick

### 5th STRIPE – SAFETY SKILL

- Backwards Fall & Stand in Base
- “Stop! Don’t touch me stranger!” / Wrist Release
- *Bonus: Know Emergency Number—911*

