

TIGER CUBS INFORMATION SHEET: TESTING OCT. 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.

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|----------|---|
| LISTEN | 1 |
| 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

LEARNING: *Instructor: "Eye's on who?" Student: "Eyes on you! When I look at you, I learn twice as much."*

2nd STRIPE – STANCES & LISTENING POSITIONS

STANCES

- Attention – feet together, hands at sides, eyes forward
- Sitting – feet twice as wide as shoulders, toes forward, knees bent evenly (weight 50% on each leg)

LISTENING POSITIONS

1. Sitting, legs crossed with hands on knees
2. Kneeling on right knee with hands on left knee

3rd STRIPE – STRIKE & BLOCK

- Palm Heel
- High Block

4th STRIPE – KICK

- Side Kick (laying on ground)
* *Bonus: standing*

5th STRIPE – SAFETY SKILL

- Backwards Fall & Stand in Base
- "Stop! Don't touch me stranger!" / Wrist Release

