

TIGER CUBS CURRICULUM SHEET: TESTING JUNE 2022

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.

CURRICULUM & TESTING:

The following is the curriculum for the current training cycle. Cubs will need to learn all of the curriculum to earn their *Permission to Test* stripe.

CYCLE LIFE LESSON

POLITE GREETING: "Nice to meet you today, sir/ma'am. My name is ____." *Instructor Response* "Nice to meet you today, ____."

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

STRIKE

- Punch

BLOCK

- High Block

KICK

- Front Kick

SAFETY SKILL

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

