

# TIGER CUBS CURRICULUM SHEET: TESTING APR. 2023

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

SHARING: *"My turn, your turn, take turns"*

### ■ STANCES & LISTENING POSITIONS

#### STANCES

- Chung-Be - feet shoulder width, top two knuckles face each other in front of the knot of your belt
- Front - 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

### ■ STRIKE / BLOCK / KICK

- Knife Hand Strike
- Low Block
- Outside Crescent Kick

### ■ SAFETY SKILL

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

