

TIGER CUBS CURRICULUM SHEET: TESTING AUG. 2024

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 earn a green, blue, and red stripe on their belt in order to be eligible for testing.

CONCENTRATION/COORDINATION STRIPE

Balance on one foot then hop in a circle

TECHNIQUE STRIPE

- Strikes:
 - Punch / Palm Heel
 - Knife Hand Strike
- Blocks:
 - High Block
 - Low Block
- Kicks:
 - Front Kicks
 - Outside Crescent Kick



LIFE LESSON

- **WHITE: LISTEN** "I listen with my eyes, I listen with my ears, I listen with my body!"
- **YELLOW: OBEY** "Mom's way, Dad's way, Teacher's way, right away!"
- **GREEN: LEARN** "Listening plus obeying equals learning!"
- **BLUE: SHARE** "Be kind and take turns."
- **BROWN: PATIENCE** "Patience is waiting without complaining."
- **RED: ATTITUDE** "No stinking thinking!"
- **BLACK: COURAGE** "Believe in myself and be brave!"

