



White Belt through Black White Belt Curriculum

Tigers Cycle

Basic

3-Tigers Martial Arts		Tiger Cycle		Basic Level		Rank Stripes	
Basics and Kicks		Basics and Kicks		Basics and Kicks		1st Stripe	
Double Knife-Hand Block	Spear Hand	Horizontal Hammerfist					
Knife-Hand High & Low Block	Jump Front Kick	Proper Chambers Blocks-Strikes					
Side Break Fall	Inner & Outer Crescent Kick	Backward Break Fall Standing					
Blocking Structure 6	Low Kick (Shin Kick)						
Quality	Quality	Quality	Quality	Quality	Quality	Quality	2nd Stripe
Memory & Eye Contact	Proper Execution & Balance	Speed & Power		Rhythm & Automatic Reflex			
Tiger Form							
Bow and Ready Stance	M -						
1. L Knife-Hand Strike	B B	9. R Spear Hand (Ki-hap)	M B	15. L Low Block	F L	21. L Backfist	M B
2. L Dbl. Knife-Hand Block	B H	10. L Spear Hand (Ki-hap)	M B	16. R Reverse Punch	F B	22. R Horizontal Hammerfist	M B
3. R #1 Front Kick	* B	11. R Low Block	F L	17. L #3 Jump Front K (Ki-hap)	* B	23. R Knife-Hand Strike	B B
4. L #2 Round Kick	* B	12. L Reverse Punch	F B	18. R Reverse Punch	F B	24. R Dbl. Knife-Hand Block	B H
5. L Knife-Hand Low Block	F L	13. R #3 Jump Front Kick	* B	19. L Backfist	M B	25. L #1 Front Kick	* B
6. L Knife-Hand High Block	F H	14. L Reverse Punch	F B	20. R Horizontal Hammerfist	M B	26. R #2 Round Kick	* B
7. R Punch	M B					27. R Knife-Hand Low Block	F L
8. L Punch	M B					28. R Knife-Hand High Block	F H
Sparring Combination #1		Self-Defense 5 (Adults)		Sparring Combination #2		Self-Defense 6 (Adults)	
Guarding Position-Yell	Lapel Grab Single -Double	Guarding Position-Yell	Guarding Position-Yell	Defense Front Choke			
1. L-Jab	NVP-Fence Techniques	1. L-Jab		NVP-Fence Techniques			
2. R-Cross		2. R-Elbow					
3. R-Hook		3. R-Knee					
4. L-Uppercut		Guarding Position-Yell-Bounce					
Guarding Position-Yell- Bounce							
Board Break		Grappling (Adults)		Grappling Circuit #2		4th Stripe	
Set Up & Etiquette		Back Control		Mount to Back Drill			
#2 Round Kick		Knee Ride					
*Form Key - Stances		Stances		Body Positions		Attitude in Class/Etiquette	
F-Front	C-Closed	H-High Above Shoulders		S.T.A.R. Student		5th Stripe	
B-Back	*-No Change	B-Body Above Belt Level				6th Stripe	
M-Middle		L-Low Below Belt Level					
R-Rear							

Tiger Form:

This is the last of the three basic forms. *Your belt philosophy is: The morning sun illuminates what was once hidden.*

When kicking at a target or in your form it is important that you follow certain fundamentals. The basic 5 fundamentals in kicking are 1-Pivot & Guard Up- the support foot should be flat and rotated to promote good balance and safety of the knee. Your guard is set up to promote balance and a protective defense. 2-Chamber- the position of the knee maybe different for certain kicks. 3-Execution- making sure you are striking with the proper area of the foot and the target you're aiming for. 4-Retraction- means to re-chamber which is the pulling back of the foot and knee to its chambered position. 5- Return- your foot to the original starting position or grounded position.

This form has 28 movements and Ki-haps are on the 7th and 8th movements both punches and 17th movement which is a jump front kick. The segment breakdown is: 2-4-4-4-4-4-2-4

Expectations for Tiger Cycle:

This belt is the ending the first phase of growth in their training and the student is beginning to relate concepts and personal ideas into their training. The student begins to awaken the indomitable spirit within and understands that with the right skills and attitude all things are possible. This belt reflects the confidence a student feels from training in martial arts.

Sparring Combinations: The introduction of knees and elbows are elements of Muay Thai boxing and are very effective in self defense.

Self-Defense: Focusing and hitting the proper target or area of the body is a key tactic in learning proper self-defense. The three major areas of attack are called primary targets. They are the eyes, throat, and groin. These areas are naturally weak due to the fact that they are not protected by muscle or bone. Human physiology does not allow a person to strengthen these areas and they can be easily struck with instant reaction from the intended target. Remember that the chances for a male to use this material are 1 in 4 and the chances for a female are 1 in 3. "The human violence that we abhor and fear the most, that which we call "random and senseless" is neither. It always has a purpose and meaning, to the perpetrator at least." That is a quote from Gavin de Becker from The Gift of Fear. This book is recommended for students to read. It has both relevance to women and men in revealing and demonstrating concepts to easily predicting violence.

Board Break: A round kick is tough kick to execute on board breaks if the mechanics are not sound. The key is to pull back your toes if kicking with the ball of the foot and drive your hip through the target.

Grappling: The circuit drill on this level is to teach a student to move to a safe position to gain control.

"The best training for an event is the event itself." Bruce Lee

Tiger Cycle Etiquette

Etiquette 1

1. Name of our system- Taekwondo which means “the way of hand and foot”. Hapkido means “the way of coordinated power”. We teach a system of martial arts with a focus on traditional values. A system is when you use certain techniques of others styles to enhance and round out another system of martial arts. **A traditional style of martial arts is a rigid adherence to a set of techniques and rules that have been handed down through the centuries. A system is adaptable and flexible and able to incorporate other martial arts techniques.** Some styles don’t teach kicking or punching only grappling and others are just the opposite. This produces limits and can be a huge problem when adapting to a situation for self-defense.
2. Founders of our system- **The founder of our system is Mr. Brent L. Tibbetts who has cross-trained with some of today’s greatest martial artists.** For American Taekwondo it was Grandmaster H. U. Lee and Mr. Scott Rowe. For Combat Hapkido it was Grandmaster Pellegrini and Master Materkowski and Mr. Larry Kline. For Judo it was Mr. Robert Rice and Mr. Brian Olson. For Arnis it was Punong Guro Myrlino Hufana. Our system is also influenced by Jeet Kune Do’s Ted Wong, Tony Blauer and many famous grapplers.
3. Tapping out- **This is a way for student to show that they are uncomfortable or in pain.** Often times we say “ouch” out of habit or become overwhelmed and unable to say we need someone to stop. When we do Hapkido or grappling often we are unable to say stop or be heard. Tapping with your hand or foot (any part of either one is fine) twice or three times very quickly and loudly either on yourself, your partner, or floor is a clear indication of the need to stop. This is a very traditional and universal method of controlling contact and compliance techniques. The key is that compliance techniques are increased slowly and not dynamically. This gives the person a chance to tap. Saying “ouch” or “stop” may get overlooked and is a bad habit to begin, just tap it is easier and more effective.
4. 3-Step Rule- **When your name is called or you’re moving to a new location if it takes more than three steps to get there you should run.** It takes too much time in class to have everyone meander over to a new spot to continue a drill or ask them to come forward. If it takes more than 3-steps then run and stop in the proper spot and stand at attention or do whatever is required.

Etiquette 2

1. Introducing yourself- When you introduce yourself to others you should always follow the handshake rules of good grip and eye contact. Always state your name after saying hello. You may also want to give your rank and instructor and school name if appropriate. It is also polite to ask them their name. An example is “Hello my name is Mr. Brown I am a Red Belt under Mr. Tibbetts at 3 Tigers Martial Arts.” At this time if they haven’t responded with their name you should ask by saying “and you are.” At this time you should finish by “nice to meet you” and ask them a question about themselves, or about the situation at hand. Getting someone to talk about themselves is a quick way to make a friend since most people like to talk about themselves.

2. Partner Training- **Whenever you work with a partner it is important that you make sure that you are focused on the drill. If you are anything other than involved in the drill and giving your best you are letting your partner down.** Talking and taking breaks to look around are not what partner training is about. You should hold the pads properly and not pull them away as a joke as this can lead to injury. Doing more or unnecessary techniques can be dangerous. If all that is required is being done that is fine. Doing more can confuse your partner and lead to injury. Goofing around and throwing an extra kick or punch when you should be done with the drill can lead to injury as your partner will not be prepared for you to continue. Always do your best when with a partner and remember if you are disrespectful to them or hurt them that it's your turn next.

3. Turning around properly- Never fix your uniform facing a teacher or student (not facing a student may not be possible and that is acceptable). Place your right foot behind your left and turn a full 180 degrees to your right to fix your uniform and belt. When done again place your right foot behind your left foot and turn 180 degrees to your right to finish facing forward.

4. Take a knee- This is called listening position. This is when you kneel on one leg with hands on your knee. Left leg should be down with right leg up and hands placed on the knee. At this point you should focus on the instructor as the class is beginning to change or transition to a new task or drill.