


Belt Level: Big Tigers	Footwork	Blocks	Stances	Strikes
	<ul style="list-style-type: none"> -Bouncing w/ hands up -moving around w/ hands up -slide step forward -full step forward -half step forward 	<ul style="list-style-type: none"> -Turtle -Wing -High -High X -Low X -Jump -Duck -Dodge 	<ul style="list-style-type: none"> -Fighting stance -ready position -kickboxing stance 	<ul style="list-style-type: none"> -Jab -Cross -font and back palm strike -front and back hammer fist -side elbow strike
Kickboxing	Kicks	Self defense	Sparring techniques	Forms
<ul style="list-style-type: none"> - 1,2,3,4 drill - j/c/wing/c - turtle/snap/j/c - wing/c/knee 	<ul style="list-style-type: none"> -Knee Strike -front snap kick -football kick -push kick 	<ul style="list-style-type: none"> -grab Arts 1-4 -blocking and countering 	None	<ul style="list-style-type: none"> -Tiger Form 1 -Tiger Form 2

Kickin' Cubs, Big Tigers, & Beginners Warm Up & Main Focus

WEEK	Warm Up	Monday Main Focus	Warm Up	Tuesday Main Focus	Warm Up	Wednesday Main Focus	Warm Up	Thursday Main Focus	Warm Up	Saturday Main Focus
A	Kicks	Basics	Kicks	Basics	SD	Kbox	SD	Kbox	Basics	Kicks
B	Kbox	Kicks	Kbox	Kicks	Kicks	Basics	Kicks	Basics	SD	Forms
C	Kbox	Forms	Kbox	Forms	Basics	Kicks	Basics	Kicks	Kicks	SD
D	Basics	SD	Basics	SD	Kbox	Forms	Kbox	Forms	SD	Kbox
E	Kicks	Kbox	Kicks	Kbox	Basics	SD	Basics	SD	Kbox	Forms