

Tigers class November and December 2022

Tiny Tigers (Tiger Oath):

(Me): Tigers I have a very important question to ask you: who's going to become a black belt?

(Tigers): I am, sir!

(Me) In order to become a black belt and a very successful person what must you have?

(All): Knowledge in my mind.

(All): Honor in my heart.

(All): Strength in my body.

(All): Need to make good friends.

(Me): Practice all those things as well as working on your life skill of...

(Tigers): <say their life skill>

(Me): And what will you become?

(Tigers): A black belt sir!

Stances: Middle Stance, Front Stance, Back Stance, Ready Stance

Strikes: Front punch, Reverse punch, Knife hand Strike, Backfist Strike

Blocks: Low Block, High Block, Single Outer Forearm Block, Double Outer Forearm Block, Twin Low Block

Kicks: Front Kick 1-4, Round Kicks 1-4

Rules to know: Front punch is Front Leg Front Arm, Reverse Punch is Back Leg Back Arm

#1 Front leg kicks, #2 Back leg kicks, #3 Back leg moves front leg kicks, #4 Front leg moves back leg kicks lands in front

Color Belt Mid-range Bo Staff Form - Tigers

- Left foot steps back to left rear stance, horizontal high block on the diagonal (1:30pm is the angle)
- #4 strike
- Right foot moves to right front stance, #1 strike
- Curl (row your boat), stay in right front stance
- Stay in right front stance, overhead low block on the right side
- Look behind (to 7:30pm), pivot to left front stance (Right foot only pivots while you step out with the left behind you), overhead low block on the left side
- Reverse figure 8 (sweeping strike)
- Right foot steps to right front stance, #1 strike
- Left foot steps to middle stance, #7 strike (bo staff finishes this strike at chest level and parallel to the ground)
- Circular disarm
- Short step drag, stab with KIHAP
- Direction change back to 1:30 diagonal, move to right front stance with vertical block (left hand high)
- Stay in right front stance, #4 strike
- Stay in right front stance, #1 strike Bah-ro: Left foot steps back to parallel stance