Tiny Tigers Program

Dojo Etiquette For Students (and Parents)

DOJO CODE (Said aloud at the end of each class)

BE A GOOD PERSON BE HONEST TRY YOUR BEST USE GOOD MANNERS NEVER START FIGHTS

Rules for Students

Try your best!
Arrive 5-10 minutes early.
No shoes in the dojo (lobby area is OK).
No gum or food while training.
No jewelry.
Keep toenails and fingernails trimmed.
Water breaks will be given. Wait for permission.
Misbehaviour will result in a timeout.

Rules for Parents

Refrain from disrupting or distracting the class.
Cell phones on vibrate. Sound OFF.
Keep talking to a minimum.
Do not coach your child during class. Instructors and assistants will assist your child.
Do not walk onto the dojo floor during class unless for an emergency.
Allow children to learn for themselves at their own pace.

Weekly Topics Covered

WEEK	KIHON	KUMITE	КАТА	UKEMI	Н	HOJO UNDO			
1	Chudan-zuki / Soto-uke	Chudan	1-4	Back	Negative Push-up	Plank	Squat		
2	Jodan-zuki / Age-uke	Jodan	1-4	Front	Negative Push-up	Banana	Squat		
3	Mae-geri / Gedan-barai	Pummeling	1-4	Back	Negative Push-up	Superman	Wall Sit		
4	Review weeks 1-3	Chudan & Jodan	1-8	Front	Push-up	Superman / Banana	Squat		
5	Chudan-zuki / Uchi-uke	Chudan	1-8	Back	Negative Push-up	Plank	Squat		
6	Jodan-zuki / Age-uke	Jodan	1-8	Front	Negative Push-up	Banana	Squat		
7	Keage / Gedan-barai	Pummeling	1-12	Back	Push-up	Superman	Wall Sit		
8	Review weeks 5-7	Chudan & Jodan	1-12	Front	Push-up	Superman / Banana	Squat		
9	Chudan-Uke / Jodan Gyaku-zuki	Chudan	1-16	Back	Negative Push-up	Plank	Wall Sit		
10	Jodan-Uke / Chudan Gyaku-zuki	Jodan	1-16	Front	Push-up	Banana	Squat		
11	Kekomi / Gedan-barai	Pummeling	1-20	Back	Push-up	Superman	Wall Sit		
12	Review weeks 9-11	Chudan & Jodan	1-20	Front	Push-up Superman / Banana		Squat		

Student Syllabus

TINY TIGERS STUDENT ABILITY GOALS			YFLLOW	ORANGE	GRFFN	BLUE	PURPLE	MAROON	RED
KIHON (FUNDAMENTALS)			72220						
	Standing punch to stomach (choku-zuki chudan)	Х	Х						
STOMACH LEVEL PUNCH (CHUDAN-ZUKI)	Step forward punch to stomach (oi-zuki chudan)			Х	Х	Х	Х		
(CHODAIN ZOIN)	Step forward reverse punch to stomach (gyaku-zuki chudan)							Х	Х
	Standing punch to face (choku-zuki jodan)	х	Х						
FACE LEVEL PUNCH (JODAN- ZUKI)	Step forward punch to face (oi-zuki jodan)			Х	Х	Х	Х		
ZONI)	Step forward reverse punch to face (gyaku-zuki jodan)							Х	Х
	Standing down block (gedan-barai)		х	Х					
DOWN BLOCK (GEDAN BARAI)	Step forward down block (gedan-barai)		^	Α	Х	Х	X	Х	Х
,					^	٨	^		
	Step back down block (gedan-barai)	┢						Х	Х
DICINIC DI OCIV (ACE LIVE)	Standing rising block (age-uke)	Х	Х						
RISING BLOCK (AGE-UKE)	Step forward rising block (age-uke)	<u> </u>		Х	Х	X	Х	Х	Х
	Step back rising block (age-uke)							Х	Х
	Standing outside block (soto-uke)	Х	X						
OUTSIDE BLOCK (SOTO-UKE)	Step forward outside block (soto-uke)			Х	Х	X	Х	Х	Х
	Step back outside block (soto-uke)							Х	Х
	Standing inside block (uchi-uke)			Х					
INSIDE BLOCK (UCHI-UKE)	Step forward inside block (uchi-uke)				Х	Х	Х	Х	Х
	Step back inside block (uchi-uke)							Х	х
	Standing front kick to stomach (mae-geri chudan)	х	Х	Х					
FRONT KICK (MAE-GERI)	Step forward front kick to stomach (mae-geri chudan)				Х	Х	Х	Х	х
TROWT RICK (WIAL-GERI)	Standing front kick to face (mae-geri jodan)			Х					
	Step forward front kick to face (mae-geri jodan)				Х	X	Х	Х	х
	Standing side snap kick (yoko-geri keage)				Х	Х			
SIDE KICK (YOKO-GERI)	Side step over side snap kick in side stance (yoko-geri keage in kiba-dachi)						Х	х	х
SIDE RICK (TORO-GENI)	Standing side thrust kick (yoko-geri kekomi)					Х	Х		
	Side step behind thrust kick in side stance (yoko-geri kekomi in kiba-dachi)							Х	Х
KUMITE (PARTNER WORK)								^	Ŷ
	Pummeling Drill - no arms, using legs and body to defend								
	pushing and pulling	Х							
	Pummeling Drill - chest to chest, no arms, pushing with legs Pummeling Drill - Start with 50/50 Overhook and Underhook,		Х	Х					
PUMMELING PROGRESSION	pushing out of bounds (sumo game)				Х	Х			
	Pummeling Drill - Going for double underhook to body lock						Х	Х	
	Pummeling Drill - Double underhook to body lock take down								Х

	Standing Punch Stomach / Standing Outside Block	х	x	Х					
	Stepping Forward Punch Stomach / Stepping Back Outside Block (no counter punch)				х	X	Х		
3-STEP PROGRESSION	Standing Punch Face / Standing Rising Block		х	Х	Α	^	Α		
	Stepping Forward Punch Face / Stepping Back Rising Block (no		Λ	^					
	counter punch)					Х	Х		
	3-Step Sparring Jodan and Chudan with counter punch							Х	X
	KATA (PATTERNS)								
	Taikyoku Shodan (1-4 by count)	Х	Х						
	Taikyoku Shodan (1-8 by count)			Х					
KATA PROGRESSION	Taikyoku Shodan (1-12 by count)				Х				
	Taikyoku Shodan (1-16 by count)					Х			
	Taikyoku Shodan (1-20 by count)						Х		
	Taikyoku Shodan (no count)							Х	Х
	UKEMI (BREAKFALLS)								
	Rock back and sit up (holding knees)	Х	х						
	Squat, rock back, and sit up (holding knees)			Х					
BACK BREAKFALL	Stand, squat, rock back, and sit up (holding knees)				Х				
PROGRESSION	Rock back, SLAP, and sit up (arms crossed)					Х			
	Squat, rock back, SLAP, and sit up (arms crossed)						Х		
	Stand, squat, rock back, SLAP, and sit up (arms crossed)							Х	Х
	From knees, hand diamond, fall into kneeling bow	х	Х						
	From knees, hand diamond, falling forward into plank			Х	х				
FRONT BREAKFALL PROGRESSION	From squat, hand diamond, kick legs back, falling down into plank					Х	Х		
	From standing, hand diamond, straight legs, falling into plank							Х	
	From standing, hand diamond, straight legs, over barrier, falling into plank								Х
нолс	HOJO UNDO (STRENGTH AND CONDITIONING)								
ARMS	Push-up Negative (reps - 5s down)	1	2	3	4	5	6	7	8
7 111115	Push-up (reps)	1	2	4	6	8	8	10	10
	Plank (time in seconds)	5	10	15	20	30	40	50	60
CORE	Banana (time in seconds)	5	10	15	20	30	40	50	60
	Superman (time in seconds)	5	10	15	20	30	40	50	60
LEGS	Squat (reps)	5	10	15	20	25	30	35	40
	Wall-sit (time in seconds)	5	10	15	20	30	40	50	60