

# 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	KATA	UKEMI	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	<b>Review weeks 1-3</b>	<b>Chudan &amp; Jodan</b>	<b>1-8</b>	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	<b>Review weeks 5-7</b>	<b>Chudan &amp; Jodan</b>	<b>1-12</b>	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	<b>Review weeks 9-11</b>	<b>Chudan &amp; Jodan</b>	<b>1-20</b>	Front	Push-up	Superman / Banana	Squat



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