



**FIT KID TINY TIGERS CURRICULUM
V5**

About Fit Kids Tiny Tigers Program

The Fit Kid Tiny Tigers program at the Austin Karate Academy is for kids ages 4-6. This structured program helps building confidence and self-esteem as well as **Self-Discipline, Respect, Concentration and Courtesy** to the kids. We at the Austin Karate Academy promote “**Yes I can**” attitude to our students.

Our Fit Kid Tiny Tigers program helps kids get healthier with a combination of Martial Arts, Fitness and Personal Development training. Training at our academy provide many benefits to youngsters beyond that offered by any other sports. The structured drills help the youngsters overcome shyness and timidity. The children become more confident and assertive as they learn to move and control their bodies. At the Austin Karate Academy they learn to work and compete with others in a friendly and safe environment. Self-confidence and Self-esteem grow. Many parents report a marked increase in the child’s social interactions. The youngster feels less threatened by other children or new situations.

Also children with learning difficulty, such as ADHD, hyperactivity or behavior problems, can benefit from the structured learning program that we offer.

This program teaches kids-

- **To be a Better Person – better boy/girl at Home, School and everywhere else**
- **Discipline**
- **Confidence**
- **Self-Defense**
- **Anti-Bullying**
- **Obedience to Parents**
- **Respect Friends**
- **Courage**



Basic Korean Terms Students should know

Opening & Closing Class

1. Cha Ryut (attention)
2. Kukgi Baa Rye (salute the flag)
3. Ba Ro (return)
4. An Jo (Sit)
5. Muk Yum (meditation)
6. Ba Ro (return)
7. Kwan Chang Nim E Kyung Yet (bow to Grandmaster)
8. Kyo Sah Nim E Kyung Yet (bow to instructor)

Numbers

- One: Hana
Two: Tul
Three: Set
Four: Net
Five: Tasot
Six: Yasot
Seven: Ilgop
Eight: Yodol
Nine : Ahop
Ten : Yol

Basic Terminology

- Yell: Ki Hap
Grandmaster: Kwan Chang Nim
Attention: Cha Ryut
Ready Stance: Choon Bee
Return: Ba Ro
Bow: Kyung Yet

5 Codes of Tang Soo Do we follow

1. Loyalty to Country
2. Obedience to Parents
3. Honor friendship
4. No retreat in battle
5. In fighting choose with sense and honor



Fit Kid Tiny Tigers Belt Levels

White

White-Orange

White-Green

White-Brown

White-Blue

Yellow

Yellow-Orange

Yellow-Green

Yellow-Brown

Yellow-Red

Yellow-Blue

(Youth/Adult) WHITE-ORANGE (9th GUP)



TINY TIGERS

Testing Requirements for White-Orange Belt



Stances

- Cha Ryut (Attention)
- Choon Be (Ready Stance)
- Kyung Yet (Bow)
- Fighting Stance
- Horse Riding Stance

Hand Techniques (In place from Horse Stance)

- Low Block
- High Block
- Inside/Outside Block
- Outside/Inside Block
- Single Punch
- Hammer Fist

Kicking Techniques (In place from Fighters Stance)

- Front Kick (back leg)

Tiger Form #1

1. Jump into a horse riding stance with hands chambered
2. Low block with the left hand
3. Low block with the right hand
4. Punch with the left hand
5. Punch with the right hand
6. Return to Choon Bee when said "Ba Ro"

Tiger Form #2

1. Jump into a horse riding stance with hands chambered
2. Low block with the left hand
3. Inside-Outside block with the left hand
4. High block with the left hand
5. Low block with the right hand
6. Inside-Outside block with the right hand
7. High block with the right hand
8. Return to Choon Bee when said "Ba Ro"

Rolls

- Front Roll (with assistance)



TINY TIGERS

Testing Requirements for White-Green Belt



Hand Techniques (In place from Horse Stance)

- Palm Heel Strike
- Spear Hand
- High X Block
- Double Knife Hand Block

Kicking Techniques (In place from Fighters Stance)

- Knee Kick (back leg)

Tiger Form #3

1. Jump into a horse riding stance with hands chambered
2. High 'X' block with both hands
3. Lower both hands into a double knife hand block to both sides
4. Pull both hands to the hips in preparation for punching
5. Punch with the left hand
6. Punch with the right hand
7. Pull both fists to the face in preparation for front kicks
8. Front kick with the left foot
9. Front kick with the right foot
10. Return to Choon Bee when said "Ba Ro"

Rolls

- Front Roll
- Back Roll (With assistance)



TINY TIGERS

Testing Requirements for White-Brown Belt



Stances

Front Stance

Hand Techniques (In place from Horse Stance)

Elbow Attack

Chop

Back Fist

Eye Gouge

Stepping down the floor in Front Stance-

Low Block

Center Punch

Kicking Techniques (In place from Fighters Stance)

Stomp Kick

Tiger Form #4

1. Left fist to left ear, right arm across the body. Look to the left.
2. Step out with the left foot in front stance and low block with the left hand.
3. Step forward with the right foot in front stance and center punch with the right hand.
4. Right fist to left ear, left arm across the body. Look over the right shoulder.
5. Step to the rear with the right foot (in front stance) and low block with the right hand.
6. Step forward with the left foot in front stance and center punch with the left hand.
7. Return to Choon Bee when said "Ba Ro".

Rolls

Back Roll

Front Break Fall (With Assistance)



TINY TIGERS

Testing Requirements for White-Red Belt



Hand Techniques

Stepping down the floor in Front Stance-
High Block
High Punch

Kicking Techniques (In place from Fighters Stance)

Side Kick

Tiger Form #5

1. Left fist to right hip, right fist to left ear. Look to the left.
2. Step out with the left foot in front stance and high block with the left hand.
3. Step forward with the right foot in front stance and high punch with the right hand.
4. Right fist to left hip, left fist to right ear. Look over the right shoulder.
5. Step to the rear with the right foot (in front stance) and high block with the right hand.
6. Step forward with the left foot in front stance and high punch with the left hand.
7. Return to Choon Bee when said "Ba Ro".

Rolls

Front Break Fall
Back Break Fall (With Assistance)



TINY TIGERS

Testing Requirements for White-Blue Belt



Hand Techniques

Stepping down the floor in Front Stance-
Inside/Outside Block
Outside/Inside Block

Tiger Form #6

1. Left fist to right hip, right fist to left ear. Look to the left.
2. Step out with the left foot in fighter's stance and inside-outside block with the left hand.
3. Step forward with the right foot in front stance and center punch with the right hand.
4. Right fist to left hip, left fist to right ear. Look over the right shoulder.
5. Step to the rear with the right foot (in fighter's stance) and inside-outside block with the right hand.
6. Step forward with the left foot in front stance and center punch with the left hand.
7. Return to Choon Bee when said "Ba Ro".

Rolls

Back Break Fall



TINY TIGERS

Testing Requirements for Yellow Belt



Kicking Techniques (In place from Fighters Stance)

Introducing Round Kick

Tiger Form #7

1. Left fist to left ear, right arm across the body. Look to the left.
2. Step out with the left foot in front stance and low block with the left hand.
3. Step forward with the right foot in front stance and center punch with the right hand.
4. Right fist to left ear, left arm across the body. Look over the right shoulder.
5. Step to the rear with the right foot (in front stance) and low block with the right hand.
6. Step forward with the left foot in front stance and center punch with the left hand.
7. Step back with left foot into a fighting stance facing forward
8. Three stepping front kicks in succession with a ki-hap (yell) on the 3rd kick

Self Defense

#1 (Same side wrist grab)



TINY TIGERS

Testing Requirements for Yellow-Orange Belt



Kicking Techniques (In place from Fighters Stance)

Round Kick

Tiger Form #8

1. Left fist to left ear, right arm across the body. Look to the left
2. Step out with the left foot in front stance and low block with the left hand.
3. Step forward with the right foot in front stance and center punch with the right hand.
4. Right fist to left ear, left arm across the body. Look over the right shoulder.
5. Step to the rear with the right foot (in front stance) and low block with the right hand.
6. Step forward with the left foot in front stance and center punch with the left hand.
7. Step back with left foot into a fighting stance facing forward
8. Three stepping front kicks in succession with a ki-hap (yell) on the 3rd kick
9. Perform a counterclockwise turn to the left shoulder 270 degrees, will end up with the left foot in front stance and low block with the left hand
10. Step forward with the right foot in front stance and center punch with the right hand.
11. Right fist to left ear, left arm across the body. Look over the right shoulder.
12. Step to the rear with the right foot (in front stance) and low block with the right hand.
13. Step forward with the left foot in front stance and center punch with the left hand.
14. Step back with left foot into a fighting stance facing forward
15. Three stepping front kicks in succession with a ki-hap (yell) on the 3rd kick

Self Defense

#2 (Cross wrist grab)



TINY TIGERS

Testing Requirements for Yellow-Green Belt



Kicking Techniques (In place from Fighters Stance)

Introducing Side Kick

Sae Kye Hyung Il Bu (By Instructor's Count)

One-Steps (Hands)

#1



TINY TIGERS
Testing Requirements for Yellow-Brown Belt



Kicking Techniques (In place from Fighters Stance)

Side Kick

Sae Kye Hyung Il Bu (By Own Count)

One-Steps (Hands)

#2



TINY TIGERS
Testing Requirements for Yellow-Red Belt



Kicking Techniques

- Stepping down the floor in Fighters Stance-
- Front kick
- Side Kick

One Steps (Kicks)

#1



TINY TIGERS

Testing Requirements for Yellow-Blue Belt



Kicking Techniques (In place from Fighters Stance)

Front Stretch Kick

Side Stretch Kick

Self-Defense

#1, #2

One Steps (Hands)

#1, #2

One Steps (Kicks)

#1, #2

GET READY FOR YOUTH 9TH GUP – WHITE-ORANGE BELT

