

ROBERT ITO'S WHITE TIGER SYSTEM

3rd DEGREE BROWN BELT BASICS

<u>THEORY</u>	<u>ATTITUDE OF PRACTICE</u>	<u>PRACTICE ASSIGNMENTS</u>
1. Plan	1. Prove Theories & Attitudes	1. Test Assist
2. Void	2. Plan Your Practice	2. Class Assist
	3. Plan Your Workout	3. Tournament Judging
<u>OPTIONS</u>	4. Start Your Plan	4. Reading
1. Strikes	5. Finish Your Plan	a) <i>Pinnacle of Karate</i>
2. Targets	6. Look for Weakness	b) <i>Shotokan's Secret</i>
	7. Confidence, Not Ego!	

STANDARD EXERCISE & PRACTICE

<u>KEMPO</u>	<u>TRADITIONAL</u>	<u>WEAPONS</u>
Kata I – VI	Taikyoku	Kata VII
Hard bow	Juni – Ippo	Kata VIII
Broken bow	Octagon	Mai No Jo
Animal Set	Pinan	Line Form
	Tensho	Blocking/Striking
	Nekobuto	Keishi Ryu Forms
	Naihanchi	White Tiger Form
	Tai Chi Chuan	Saber Set

UNIVERSAL EXERCISES

5 Diagonal Exercises – Leverage

- 5 Gates
(7 Stars, 8 Rounds)
 - Avoid/Escape Footwork
 - Yoga Cara Stretches, Vajrayana Exercises
 - 4 Directional Exercises – Shuffle Patterns, Crossing Guards
- Box – Crossing Guards – Upper Limbs (Guard/Set)
- 5 Diagonal Stretches
 - Legs
 - Trunk
 - Arms
 - Neck
- Directional Shuffle Patterns

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3rd DEGREE BROWN BELT

KENPO 3 rd DEGREE BROWN BELT		DATE	INSTRUCTOR
1.	Crashing Elbows A B		
2.	Rising Knee A B		
3.	Crashing Anvil A B		
4.	Tai Chi Part 3		
5.	Improved Use of Knowledge!		
Test	1st Stripe Date:	Signature:	

1.	Advancing Daggers A B		
2.	Thundering Hammers A B		
3.	Flash of Silver A B		
4.	Finger Set a) Move b) Horse c) Stand		
5.	Improved Use of Attitudes!		
Test	2nd Stripe Date:	Signature:	

1.	Darkness A B		
2.	Japanese Hands A B		
3.	Cutting the Pagoda A B		
4.	Punching Set a)Move b)Horse c)Stand		
5.	Improved Use of Theories!		
Test	3rd Stripe Date:	Signature:	

1.	Five Swords		
2.	Clawing Panther A B		
3.	Crouching Falcon A B		
4.	Saber Set		
5.	Improved Belt Material!		
Test	Technical Conditioning Level 5		
Test	4th Stripe Date:	Signature:	