

# ROBERT ITO'S WHITE TIGER™ SYSTEM

## CHINESE BOXING LEVEL I

Purpose: To develop strong fighting basics which are simple and effective  
Understand reality of fighting.

### Student Requirements:

1. Minimum age: 8 years old.
2. Minimum Rank: Orange 1<sup>st</sup> Stripe
3. Instructor Approval
4. Chinese Boxing Orientation Date: \_\_\_\_\_
5. Must have equipment:
  - a. Mouthguard
  - b. Protective cup
  - c. Pads: shin and instep
  - d. Gloves

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## CHINESE BOXING BASICS

### GUARDS

Upper Body  
Front Guard (arm)  
Rear Guard (arm)  
Lower Body  
Front Leg Guard (Crane)  
Rear Leg Guard (Crane)

### MOVEMENTS

Shuffle-Punch  
Forward  
Back  
Shuffle-Kick  
Side, Rear, &  
Roundhouse

### STRIKES

Punches  
Straight Jab  
Straight Power Punch  
2-Punch Combinations  
3-Punch Combinations  
Kicks (Feet)  
Front Leg Kick: Forward Snap  
Side, Rear  
Roundhouse  
Power Kick: Forward Snap  
Side, Rear  
Roundhouse

## STANDARD EXERCISE AND PRACTICE

60 (3 sets of 20): Push-ups, Sit-ups, Leg-ups, Knee-ups  
Leg Sets (20 each): Snaps, Thrust, Lifts for Forward, Side, and Rear Kicks  
Mat Drills: Offensive, Defensive  
Strike Combo: Hands, Feet, Hands and Feet  
Shuffle Combo: Shuffle with Kicks  
Bag Work (30 sec. rounds): Hands, Feet, Hands and Feet

Test

Chinese Boxing Level I

Date:

Signature: