

WHITE / YELLOW BELT BASICS

THEORY

1. Patience
2. Practice

BASIC KICKS

1. Forward
2. Rear
3. Roundhouse
4. Side

STANCES

1. Square-Horse
2. Crane
3. Hard-Bow
4. Cat
5. Side-Horse (fighting)

SAFETY

1. No Bag Work
2. *Uke* Practice Must be Supervised by an Instructor!
3. Warm-Up before Workout!
4. Pivot with Hip-Kicks!

ATTITUDE OF PRACTICE

1. I Can!
2. Do Right!
3. Be Respectful!
4. Be Patient!
5. Self-Defense Only!
6. Don't Show Off!
7. Practice To Do!

GROUND DEFENSE

- a) Forward Roll (R/L)
Figure Four
Fighting Stance
- b) Backward Roll (R/L)
Figure Four
Fighting Stance

BLOCKS

1. Inward
2. Outward
3. Upward
4. Downward
5. Reverse-Hand

ARM & HAND STRIKES

1. Twisting-Punch
2. Chop
3. Hammer-Fist
4. Sword-Hand
5. Middle-Knuckle-Fist
6. Back-Knuckle
7. Falcon's Talon
8. Half-Fist
9. Forearm
10. Elbow
11. Eagle's-Claw
12. Rigid-Claw
13. Heel-Hand
14. "L" Choke
15. Double "L" Choke
16. Wrist-Lock

STANDARD EXERCISE & PRACTICE

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| <ol style="list-style-type: none"> 1. Belt Tying 2. Covers: <ol style="list-style-type: none"> a) Cat, Fighting-stance b) Cross-Step, Fighting-Stance 3. Kata: Right & Left 4. Sound-Off (<i>Kiai</i>) 5. Block Combinations
Inward / Upward
Inward / Outward
Reverse-Hand / Downward 6. Warm-up: 10-15 min. before class
(slow to medium) <ol style="list-style-type: none"> a) Basic Kick, Kick Combo, Kick exercises
(2 sets/ 5 each side) b) Blocks, Block Combo, Kata
(2 sets/ 5 each side) c) Grab Arts (10 each) | <ol style="list-style-type: none"> 7. Techniques (Grab Arts)
3-Way Practice <ol style="list-style-type: none"> a) Sound-Off b) Slow & Smooth c) Hard with Kiaii 8. 4 Count Kicks:
Forward
Rear
Roundhouse
Side 9. 7-Count Double-Kicks 10. 10-Count Triple-Kicks 11. Hard-Bow Strike,
Side-Horse Block 12. Double-Kick-Block 13. 3 Count Blocks 14. Test Workout |
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ROBERT ITO'S WHITE TIGER SYSTEM

WHITE / YELLOW BELT

KEMPO WHITE / YELLOW BELT		DATE	INSTRUCTOR
1.	Kata 1 (Right) [1] [2] [3] [4]		
2.	Kimona Grab		
3.	Striking Asp A (Snake)		
4.	Crash of the Eagle A		
5.	Tournament Presentation		
Test	1st Stripe Date:	Signature:	

1.	Kata 1 (Left)		
2.	Striking Asp B		
3.	Crash of the Eagle B C D		
4.	Full Nelson A B		
5.	Eagle's Beak A B		
6.	Improved Basics		
7.	Tournament Presentation		
Test	Yellow Belt Date:	Signature:	

Uke Orientation		DATE	INSTRUCTOR
1.	Bear Hug Free A B C		
2.	Crossing Talon		
3.	Arm Lock A B C		
4.	Dancer A B		
5.	Inward Defense		
6.	Improved Basics		
7.	Tournament Presentation		
Test	1st Stripe Yellow Date:	Signature:	

Jo Orientation		DATE	INSTRUCTOR
1.	Outward Defense		
2.	Headlock A B (A/B) C		
3.	Grasping Talon A B		
4.	Bear Hug Pinned A B C		
5.	Cub A B		
6.	Improved Basics		
7.	Tournament Presentation		
Test	2nd Stripe Yellow Date:	Signature:	