



The Tiger is the Novice level for this age group, the Dragon Level for Intermediates and the Cobra is the Advanced Level prior to entering the Brown Belt levels of the Junior Program. This allows the children to excel at a motor skill level that compliments their age and mental capacity of learning and retaining information. If they turn 8 while still working on levels within the 4-7 age level program we simply merge them at a Junior Belt level that correlates within the parameter they are able to handle and adjust to without interrupting their training.

THE TIGER PROGRAM	THE TIGER MASTER PROGRAM
Belt/Techniques	Belt/Techniques
Red Stripe	Yellow Stripe
Stances (Part 1)	Star Block Set
Blocks	Yawara 1(1-6)
Front Kick	Punches and Strikes
Red	Yellow
Stances (Part2)	Elbow Set 1
Strikes	Yawara 1(6-12)
Back Kick	Trapping Hands
Advanced Red Stripe	Advanced Yellow Stripe
Salutation	Short Form (straight back)
Punches	12 Strikes(1-6)
Side Kick	Kicking Set (Secondary)
Advanced Red	Advanced Yellow
All Basics	Short Form 1 (straight back)
Front Roll	12 Strikes(6-12)
Jump Kick	Kicking Set (Primary)

THE DRAGON PROGRAM	THE DRAGON MASTER PROGRAM
Belt/Techniques	Belt/Techniques
Orange Stripe	Purple Stripe
Short Form 1 (turning)	Long Form 1 (box only)
Side Kick	Redunda
Yawara 11 (1st Side)	Kali 1 (1st half)
Orange	Purple
Short Form 1 (both sides)	Long Form 1 (box & ending)
Jump Kick	Double Sinawali
Yawara 11 (second side)	Kali 1 (2nd half)
Advanced Orange Stripe	Advanced Purple Stripe
Finger Set 1 (half)	Coordination Set 1 (1st side)
Single Sinawali	Arnis Blended
Round House Kick	Staff Set 1 (1st half)
Advanced Orange	Advanced Purple
Finger Set 1 (sec. half)	Coordination Set 1 (2nd sides)
Redunda	Basics (hands & feet)
Kicking Combos	Staff Set 1 (2nd half)

© Steve Stewart's Modern Martial Arts

The Glenora Plaza - 1444 Glenora Dr. - London, Ontario - N5X 1V2

(519)438-KICK(5425)

www.stevestewartcanada.com