

## Rotation 3 – Tiger Warriors

### Patterns

|                  |                                     |
|------------------|-------------------------------------|
| White belt       | 1 <sup>st</sup> 8 moves of Dan-Gun  |
| Camo/Orange belt | 1 <sup>st</sup> 12 moves of Dan-Gun |
| Camo/Yellow belt | Dan-Gun full pattern                |
| Camo belt        | 1 <sup>st</sup> 12 moves of Won-Hyo |
| Camo/Green belt  | 1 <sup>st</sup> 18 moves of Won-Hyo |
| Camo/Purple belt | Won-Hyo full pattern                |

### Self Defense

|  |  |
|--|--|
| Beginner (White, Camo/Orange, Camo/Yellow)   | Tiger Warrior Beginner Self Defense #1<br>Tiger Warrior Beginner Self Defense #2<br>Tiger Warrior Beginner Self Defense #3 |
| Intermediate (Camo, Camo/Green, Camo/Purple) | Chicken wing defense #1<br>Chicken wing defense #2<br>Chicken wing defense #3  |
| Advanced                                     | TBA  |

### Sparring combinations

|              |  |
|--------------|--|
| Beginner     | Tiger Warrior Beginner sparring combo #1<br>Tiger Warrior Beginner sparring combo #2<br>Tiger Warrior Beginner sparring combo #3             |
| Intermediate | Tiger Warrior Intermediate sparring combo #1<br>Tiger Warrior Intermediate sparring combo #2<br>Tiger Warrior Intermediate sparring combo #3 |
| Advanced     | TBA  |

## Clinch

|              |  |
|--------------|--|
| Beginner     | Break fall<br>Sprawl<br>1 leg takedown                       |
| Intermediate | Leg kicks<br>Check leg kick<br>Counter leg kick<br>Osotogari |
| Advanced     | TBA  |

## Jiu-jitsu

|              |   |
|--------------|---|
| Beginner     | Shrimp<br>Mount<br>Guard<br>Hips & hands<br>Arm under neck trap & roll<br>Simple guard pass               |
| Intermediate | Shrimp<br>Mount<br>Guard<br>Side control with leg over<br>Simple guard pass<br>Two hand choke trap & roll |
| Advanced     | TBA   |