

Rotation 1 – Tiger Warriors

Patterns

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

Self Defense

Beginner (White, Camo/Orange, Camo/Yellow)	Defense #1- Thumb Release Defense #2 – Side headlock - foot stomp Defense #3 – Side headlock - knee the thigh
Intermediate (Camo, Camo/Green, Camo/Purple)	TBA
Advanced	TBA

Sparring combinations

Beginner	#1 - Low block, #2 front kick #2 - #1 front kick, #2 front kick #3 - #1 round kick, #2 round kick
Intermediate	TBA
Advanced	TBA

Clinch

Beginner	Break fall Sprawl Simple hip toss
Intermediate	TBA
Advanced	TBA

Jiu-jitsu

Beginner	Shrimp Mount Guard Simple trap and roll Simple guard pass
Intermediate	TBA
Advanced	TBA