

Tactical Cycle

Ranks	Form	Sparring	Self Defense	Target	Board Breaking
White	Juniors First 6 lines Youth & Adults First 9 lines	None	1. Arm Drag, Seatbelt, Take down 2. Side Head Lock 3. Wrist Lock Juniors do #1 & #2 Youth & Adults do all 3	Knifehand	Choice of: Knee Strike Or Downward Elbow
Yellow	First 9 Lines				
Green L1,L2,L3	First 13 Lines	2 - 1 min rounds	1. Arm Drag, Seatbelt, Take down 2. Side Head Lock 3. Wrist Lock	#1 Side Kick, Forward Elbow	#3 Side Kick, Knee Strike, Downward Elbow, Hammer Fist 2 of 4
Blue L1,L2,L3	First 22 Lines	2 - 1 min rounds	1. Arm Drag, Seatbelt, Take down 2. Side Head Lock 3. Wrist Lock	#1 Side Kick, Forward Elbow	
Brown L1,L2,L3	First 30 Lines	3 - 1 min rounds	1. Arm Drag, Seatbelt, Take down 2. Side Head Lock 3. Wrist Lock	Spin Backfist, #2 Round Kick	#3 Side Kick, Knee Strike, Downward Elbow, Hammer Fist 2 of 4
Red L1,L2,L3	First 38 Lines	3 - 1 min rounds	1. Arm Drag, Seatbelt, Take down 2. Side Head Lock 3. Wrist Lock	Spin Backfist, #2 Round Kick	#3 Side Kick, Knee Strike, Downward Elbow, Hammer Fist 2 of 4
Black 1st Degree L1,L2, L3 2nd Degree L1, L2,L3 3rd Degree L1, L2	Form 55 & Earth Form	3 - 1 min rounds	1. Arm Drag, Seatbelt, Take down 2. Side Head Lock 3. Wrist Lock	Spin Backfist, #2 Round Kick, Spin Crescent	##3 Side Kick, Knee Strike, Downward Elbow, Hammer Fist 3 of 4 (double up boards on one Technique)

Cycle Events August-October 2024

August 24th - Parents Night Out (Black Light Dodge Ball)

September 2nd - Closed for Labor Day

September 7th - Master Seminar - Senior Master Steve Snyder

September 21st - PT Test (L3 Red Belts & Black Belts)

October 12th - Buddy Day

Testing Questions

Juniors study questions 1-5 Youth/Adults study questions 1-10

1. What kind of tiger is Tiger-Rock identified by? Siberian Tiger
2. Where are you looking when you bow? Straight ahead
3. In a front stance, should your feet be flat on the ground and why?
Yes, because you will have better balance
4. What do you do before you enter or exit the workout room? Bow
5. What two things you need to bring with you to class? Belt and Gear Bag
6. While Sparring, is contact allowed to the back or face? No
7. Which stance do you have 70% of your weight on the back leg? Back Stance
8. When would you use your knees and elbows when defending yourself?
When the attacker is close in
9. Describe a Standing Stance. Feet shoulder wide, knees straight, body and toes forward
10. Historically, forms were used to re-enact what? A hunt or fight

Testing Ready Stripe

Students must answer 3 of their testing questions



CYCLE 1 EVENTS

August-October 2024

Testing Dates

October 7th Testing

5:00 Junior White & Yellow Belts

6:30 Youth White-Black Belts

October 8th Testing

5:00 Jr. Green Belts

6:30 Jr. Blue Belts

October 9th Testing

5:00 Jr. Brown - Black Belts

6:30 Adults (White - Black Belts)

October 10th

5:00 Secondary Testing

5:30 NEW L1 Green Belt Sparring Clinic

Fall District Tournament November 9th

High Point, NC