

# ROBERT ITO'S WHITE TIGER SYSTEM

## BLUE BELT BASICS

### THEORY

1. Timing
2. Method of Practice
3. Logic

### BASIC KICKS

1. Reverse – Crescent
2. Heel – Hook

### BASIC MOVEMENTS

1. Crane – Shuffle
2. Crane – Jump

### SAFETY

1. Use Proper Equipment!
2. No Sparring Without Proper Supervision!
3. Warm-Up Before Hard Workout!

### ATTITUDE OF PRACTICE

1. Practice What You Know!
2. Self -Motivate!
3. Change to Improve!
4. Standards are Guidelines!
5. Prove Theories!
  - a) Patience / Practice
  - b) Balance /Power / Form
  - c) Consistent Practice / Soft Hand / Sticky Hand
6. Practice Useful Things!

### ZEN CONCEPTS

1. 7 Stars
2. 4 Directions
3. State of Two Poles
4. 8 Rounds
5. 6 Unifications
6. Fall 7 Rise 8

### CONCEPT

1. Block = Strike
2. Strike = Block

### OPTIONS

1. Block / Parry
2. Cover

### PRACTICE ASSIGNMENTS

1. Test 3-Way Practice
2. Class 3-Way Practice
3. Reading
  - a) What is Self Defense?
  - b) Tai Chi Chuan Yang
  - c) Hsing Yi Chuan
  - d) Bodhisatva Warriors
- 4 Test Workout

### STANDARD EXERCISE & PRACTICE

- |  |   |   |
|--|---|---|
| 1. Crane – Jump Kicks: <ol style="list-style-type: none"> <li>a) Hopping – Crescent</li> <li>b) Rear – Double Crescent</li> <li>c) Chicken – Kick</li> <li>d) Chicken – Wheel</li> </ol> | 3. Kata Exercise 1-6  | 6. Staff/Jo Kata <ol style="list-style-type: none"> <li>a) Kata VII</li> <li>b) Kata VIII</li> <li>c) 1-6 Mia No Jo</li> </ol>          |
| 2. Crane – Shuffle Kicks: <ol style="list-style-type: none"> <li>a) All Basic Kicks</li> <li>b) Snap or Thrust</li> <li>c) Chicken -Kick</li> <li>d) Chicken Wheel</li> </ol>            | 4. Grab Arts: Left Side <ol style="list-style-type: none"> <li>a) White</li> <li>b) Orange</li> <li>c) Purple</li> <li>d) Blue</li> </ol> | 7. Mass Attack: 4-Man <ol style="list-style-type: none"> <li>a) White</li> <li>b) Orange</li> <li>c) Purple</li> <li>d) Blue</li> </ol> |
|  | 5. Kata I & II Advanced: <ol style="list-style-type: none"> <li>a) Hard Bow</li> <li>b) Broken Bow</li> </ol>                             | 8. Pinan 1-6  |

KEMPO BLUE BELT		DATE	INSTRUCTOR
Belt Orientation			
1.	Phoenix		
2.	Side Hand Staff		
3.	Locking Gate		
4.	Splitting the Trunk		
5.	Kata V (Right)		
6.	Mai No Jo Shodan [ ] Nidan [ ]		

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## BLUE BELT

KEMPO BLUE BELT		DATE	INSTRUCTOR
7.	Pinan Shodan		
8.	White Mass Attack (4 – Man)		
9.	Tournament Presentation		
Test	Technical Conditioning Level 3		
Test	1st Stripe	Date:	Signature:

1.	Driving Javelin		
2.	Cutting the Pagoda		
3.	Brushing Lances		
4.	Plunging Darkness		
5.	Kata VI		
6.	Pinan Nidan		
7.	Orange Mass Attack (4 – Man)		
8.	Tournament Presentation		
Test	Escrima Level 2 Completed		
Test	2nd Stripe	Date:	Signature:

1.	Winding Limbs		
2.	Slashing Blade		
3.	Midas Head		
4.	Striking Mace		
5.	Kata VIII (Staff) [ ] Kata V (left) [ ]		
6.	Pinan Sandan [ ] Yondan [ ]		
7.	Mai No Jo Sandan [ ] Yondan [ ]		
8.	Purple Mass Attack (4 – Man)		
9.	Tai Chi Chuan (Long Form) Part 1		
10	Tournament Presentation		
Test	3rd Stripe	Date:	Signature:

1.	Broken Staff		
2.	Advancing Cobra		
3.	Offensive Warrior		
4.	Pinan Godan		
5.	Mai No Jo Godan [ ] Rokudan [ ]		
6.	Blue Mass Attack (4-Man)		
7.	Tournament Presentation		
8.	Improved Use of Knowledge, Attitudes, Theories and Belt Material		
Test	Jo/Staff Level 3 Completed		
Test	4th Stripe	Date:	Signature: