

## ROBERT ITO'S WHITE TIGER SYSTEM GREEN BELT BASICS

### THEORY & CONCEPTS

1. Objective
  - a) Open Mind
  - b) Goal
2. Yin-Yang
3. 7 Stars-Correct Form in Motion!!
4. 3 Centered Bases

### ATTITUDE OF PRACTICE

1. Always Learning
2. Without Emotion
3. Blue Attitudes

### PRACTICE ASSIGNMENTS

1. Test Assist
2. Class Assist
3. Tournament Judging
4. Test Workout
5. Reference Books:
  - a) The Zen Teachings of Bodhidharma

### OPTIONS

1. Stances (Kata I & II)
2. End of Techniques

### STANCES

1. Soft Bow
2. Sanchin Dachi

### STANDARD EXERCISE & PRACTICE

- |   |  |   |  |
|---|--|---|--|
| <ol style="list-style-type: none"> <li>1. All Lower Belts</li> <li>2. Kata I – IV</li> <li>3. Staff Kata                             <ol style="list-style-type: none"> <li>a) Kata VII</li> <li>b) Kata VIII</li> </ol> </li> <li>4. Taikyoku                             <ol style="list-style-type: none"> <li>a) Shodan</li> <li>b) Nidan</li> <li>c) Sandan</li> </ol> </li> </ol> | <ol style="list-style-type: none"> <li>5. Octagon                             <ol style="list-style-type: none"> <li>a) Zenkutsu</li> <li>b) Kokutsu</li> </ol> </li> <li>6. Pinan                             <ol style="list-style-type: none"> <li>a) Shodan</li> <li>b) Nidan</li> <li>c) Sandan</li> <li>d) Yondan</li> <li>e) Godan</li> </ol> </li> <li>7. Tai Chi Chuan</li> </ol> | <ol style="list-style-type: none"> <li>8. Juni – Ippo                             <ol style="list-style-type: none"> <li>a) Shodan</li> <li>b) Nidan</li> <li>c) Sandan</li> </ol> </li> <li>9. Mai No Jo                             <ol style="list-style-type: none"> <li>a) Shodan</li> <li>b) Nidan</li> <li>c) Sandan</li> <li>d) Yondan</li> <li>e) Godan</li> <li>f) Rokudan</li> </ol> </li> </ol> | <ol style="list-style-type: none"> <li>10. Keishi Ryu                             <ol style="list-style-type: none"> <li>a) Maegoshi</li> <li>b) Musogishi</li> <li>c) Migi No Teki</li> <li>d) Mawarigake</li> <li>e) Shiho</li> </ol> </li> </ol> <p>Research the Zen Masters:</p> <ol style="list-style-type: none"> <li>1. Bodhidharma</li> <li>2. Huike</li> <li>3. Sengcan</li> <li>4. Zong Chi</li> </ol> |
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### GREEN BELT

KENPO GREEN BELT		DATE	INSTRUCTOR
Belt Orientation			
1.	Kimona Grab A B		
2.	Sumo A B		
3.	Crash of the Eagle A B		
4.	Striking Asp A B		
5.	lai 8 cuts, 8 Draws		
6.	Animal Set a) Moving b) Horse c) Standing		
7.	Octagon 3/8 [ ] 5/8 Drills [ ]		
8.	Tensho		
9.	Tai Chi Chuan (Long Form) Part 2		
10.	Improved Use of Knowledge!		
Test	1st Stripe	Date:	Signature:

## ROBERT ITO'S WHITE TIGER SYSTEM GREEN BELT

KENPO GREEN BELT		DATE	INSTRUCTOR
1.	Arm Lock A B		
2.	Inward Defense A B		
3.	Outward Defense A B		
4.	Draw Bridge A B		
5.	White Tiger lai Form		
6.	Nekobudo Shodan		
7.	Naihanchi Shodan		
8.	Improved Use of Attitudes		
Test	2nd Stripe	Date:	Signature:

1.	Eagles Beak A B		
2.	Flashing Wings A B		
3.	Hand Staff A B		
4.	Opening Cowl A B		
5.	Nekobuto Nidan		
6.	Naihanchi Nidan		
7.	Improved Use of Theories!		
Test	Jo / Staff Level 4 Completed		
Test	Escrima Level 3 Completed		
Test	3rd Stripe	Date:	Signature:

1.	Whirling Blades A B		
2.	Kung Fu Cross A B		
3.	Snapping Twig A B		
4.	Circle of China A B		
5.	Nekobudo Sandan		
6.	Naihanchi Sandan		
7.	Improved Belt Material!		
Test	lai Level 1 Completed		
Test	Technical Conditioning Level 4		
Test	4th Stripe	Date:	Signature: