

**ROBERT ITO'S WHITE TIGER SYSTEM
ORANGE BELT BASICS**

<u>THEORY</u>	<u>ATTITUDE OF PRACTICE</u>	<u>BLOCKS</u>
1. Balance 2. Power 3. Form	1. I Can Do Better! 2. More Practice to Improve 3. Improved Basics! 4. Don't Show Off!	1. Cross-Block 2. Extended-Outward 3. Wrist-Parry
<u>BASIC KICKS</u>		<u>GROUND DEFENSE</u>
1. Crescent 2. Wheel 3. Side-Thrust 4. Forward-Thrust 5. Rear-Thrust 6. Heel-Stomp	<u>ARM & HAND STRIKES</u>	1. Breakfall: a) Forward b) Backward 2. Roll (F/B) Breakfall 3. Ground Cover: a) Guard b) Flip-Flop c) Pivot 4. Escape: a) Backward Roll b) Cross-Step
<u>STANCES</u>	<u>BASIC FORCE</u>	<u>BASIC MOVEMENTS</u>
1. Broken-Bow	1. Snap (<i>Keage</i>) 2. Thrust (<i>Ketomi</i>)	1. Shuffle (<u>Hand basics</u>) a) Forward b) Backward 2. Shuffle (Basics Kicks)
<u>SAFETY</u>		
1. No Bag Work Without Proper Supervision! 2. <i>Uke</i> Practice in Class, With Supervision Only 3. Don't Over-Extend Power Movements! 4. Pivot with Hip-Kicks!		

STANDARD EXERCISE & PRACTICE

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|---|---|
| 1. Kata II: Right & Left
P1____ P2____ P3____
2. Lower Belt Basics
3. Stance Kata
4. Kata Exercise I & II
5. 10-Count Triple-Front
6. 7-Count Snap-Wheel
7. Double Covers
8. Pivoting Crane
9. Grab Arts (self-defense)
a) Slow Drills with / without Uke
b) Power Drills
c) Fast Drills
10. Sound-Off
11. WARM-UP: White Belt warm-up,
plus Orange Kicks and Basics | 12. Kick Combinations/Snap or Thrust
a) Snap-Wheel
b) Crescent to Side
c) Crescent to Rear
d) Triple Front
e) Double (front / rear)
f) Triple (front / side / rear)
g) Broken-Bow Kick Combination
h) Cross-Step: Cover
1) Basic Kicks
2) Combo Kicks
13. Taikyoku
a) Shodan Reverse-Down ()
b) Nidan Inward-Outward ()
c) Sandan Inward-Upward ()
14. Test Workout |
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**ROBERT ITO'S WHITE TIGER SYSTEM
ORANGE BELT**

KEMPO ORANGE BELT		DATE	INSTRUCTOR
Belt Orientation			
1.	Eagle-Pin A B		
2.	Drawbridge A B		
3.	Handstaff A B C		
4.	Kata II (Right) P1 [] P2 [] P3 []		
5.	Tournament Presentation		
Test	1st Stripe	Date:	Signature:

Technical Conditioning Orientation		DATE	INSTRUCTOR
1.	Flashing Wings		
2.	Opening Cowl A B		
3.	Kung -Fu Cross A B		
4.	Kata II (Left) P1 [] P2 [] P3 []		
5.	Taikyoku Shodan		
6.	Tournament Presentation		
Test	2nd Stripe	Date:	Signature:

1.	Attacking the Wall A B		
2.	Snapping Twig		
3.	Dart A B		
4.	Wing-Break		
5.	Taikyoku Nidan		
6.	Tournament Presentation		
Test	Jo / Staff Level 1 Completed		
Test	3rd Stripe	Date:	Signature:

1.	Circle of China A B		
2.	Falling Bridge A B		
3.	Dance of Tigers		
4.	Slashing Wings		
5.	Crashing Elbows		
6.	Taikyoku Sandan		
7.	Tournament Presentation		
Test	Technical Conditioning Level 1		
Test	4th Stripe	Date:	Signature: