

# ROBERT ITO'S WHITE TIGER™ SYSTEM

## CHINESE BOXING LEVEL II

Purpose: Develop confidence and effectiveness in use of basic skills.  
Learn Basic Movements.

Requirements:

1. Complete Level I
2. Must have equipment: Level I equipment  
Handwraps, Focus Glove

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### CHINESE BOXING BASICS

#### GUARDS

Inside  
Outside

#### STRIKES

Hooks  
Upper-Cut  
Double-Up Punch

#### KICKS

Front to Power  
Double-Up

#### MOVEMENTS

Spin (Purple Belt)  
Cross-Step  
Shuffles: Forward  
Backward  
Side-Step

#### MISCELLANEOUS

Practice = Form  
Workout = Physical  
Range (Distance)  
Inside  
Outside

### STANDARD PRACTICE & EXERCISE

90 (3 sets of 30): Push-ups, Sit-ups, Leg-ups, Knee-ups  
Leg Sets (30 each): Snaps, Thrusts, Lifts for Forward, Side, and Rear  
Focus Hitting (45 sec): Hands, Feet, Hands and Feet  
Mat Drills: Offensive, Defensive  
Strike combinations: Hands, Feet, Hands and Feet  
Light Sparring Drills: No head strikes  
Kumite Drills: Hands, Feet  
Bag Work: Hands and Feet, for Range/Distance and Form  
Shadow Boxing: Hands and Feet a) Stationary  
b) Shuffles (Punches and Kicks)  
c) Forward/ Backward  
Jumping Patterns (2 Sets of 5) a) Forward b) Backward  
c) Right side c) Left side

Test Chinese Boxing Level II

Date:

Signature: