

ROBERT ITO'S WHITE TIGER™ SYSTEM

CHINESE BOXING LEVEL III

Purpose: Execute Basics.
Execute Exercises.

Requirements:

1. Complete Level II
2. Required Blue Belt, 4th Stripe
3. Level II Equipment; Head Gear

CHINESE BOXING BASICS

OFFENSE/DEFENSE

Planning / Set-Up

MOVEMENT

Spin a) Punch (arm strike)

b) Kick

Jump Kick

JUMPING PATTERNS

2 Sets of 10

a) Forward

b) Backward

c) Right Side

d) Left Side

MISCELLANEOUS

Feint

Timing

Octagon

STANDARD PRACTICE & EXERCISE

120 (3 sets of 40:

Leg Sets (40 each):

Mat Drills:

Strike combinations:

Push-ups, Sit-ups, Leg-ups, Knee-ups

Snaps, Thrusts, Lifts for Forward, Side, and Rear

Offensive, Defensive

Hands, Feet, Hands and Feet

Kumite Drills:

a) Form: Slow / Medium Sparring

b) Power / Speed: Focus Glove

c) Range / Distance

Bag Work:

a) Range / Distance

b) Form

c) Power / Speed

Shadow Boxing

a) Form: medium / fast

b) Power / Speed

Ring Work

(3-6 Rounds, 2 minutes, 1 minute rest)

a) Kumite

b) Bag Work

c) Shadow Boxing

Test Chinese Boxing Level III

Date:

Signature: