

ROBERT ITO'S WHITE TIGER™ SYSTEM

CHINESE BOXING LEVEL IV

- Purpose:**
- Improve Execution of Basics.
 - Execute Theories.
 - Improve Execution of Exercises

Requirements:

- Complete Level III
- Required Green Belt, 4th Stripe
- Level II Equipment; Head Gear with Face Mask

CHINESE BOXING BASICS

OFFENSE/DEFENSE

Execute

- Practice
- Workout

MOVEMENT

Crane-Shuffle

Crane-Jump

JUMPING PATTERNS

4 Sets of 10

- Forward
- Backward
- Right Side
- Left Side

MISCELLANEOUS

Attention to Detail
Octagon

STANDARD PRACTICE & EXERCISE

150 (3 sets of 50):

Leg Sets (50 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:

- Form: Medium / Fast Sparring
- Power / Speed: Focus Glove
- Range / Distance
- Timing

Bag Work:

- Range / Distance
- Form
- Power / Speed
- Timing

Shadow Boxing

- Form
- Power / Speed
- Timing

Ring Work

(6-10 Rounds, 2 minutes, 1 minute rest)

- Kumite
- Bag Work
- Shadow Boxing

Test Chinese Boxing Level IV

Date:

Signature: