



**Nicklaus' Martial Arts America  
Tiger Curriculum  
August 3, 2007 – October 5, 2007**

1. Rear Hand Punch –Front Leg Kick
2. Pivot Round Kick – Rear Hand Punch
3. Cross – Down Block – Punch
4. Star Block Both Sides – Left & Right
  - a. Up – In – Out – Cross – Down – Back – Push Down

<b><u>Tiger Theme</u></b>	<b><u>Stripe</u></b>
Respect/Attitude .....	Gold
Self-Discipline .....	Orange
Focus .....	Green
Sharing .....	Purple
Exercise.....	Blue
Memory .....	Red
Coordination .....	Brown
Balance.....	Black

**Note:** Each week has a particular theme that will be touched on in the week's lessons. Tiger Belts will test with the Beginner Belts in the regular program.

**Beginner Graduation  
October 5, 2007  
7:00 pm – Location TBA**