

Little Tiger Curriculum

Week	Set 1	Set 2	Set 3	Set 4	Set 5	Set 6
1	Walking Stance	Big Stance	Back Stance	Walking Stance	Big Stance	Back Stance
2	High Block	Low Block	Inside Body Block	High Block	Low Block	Inside Body Block
3	Front Snap Kick	Round House Kick	Up & Down Kick	Front Snap Kick	Round House Kick	Up & Down Kick
4	Poomse Review 1-8 steps	Poomse Review 1-8 steps	Poomse Review 1-8 steps	Poomse Review 1-8 steps	Poomse Review 1-8 steps	Poomse Review 1-8 steps
5	Walking Stance	Big Stance	Back Stance	Walking Stance	Big Stance	Back Stance
6	High Block	Low Block	Inside Body Block	High Block	Low Block	Inside Body Block
7	Front Snap Kick	Round House Kick	Up & Down Kick	Front Snap Kick	Round House Kick	Up & Down Kick
8	Poomse Review 1-8 steps	Poomse Review 1-8 steps	Poomse Review 1-8 steps	Poomse Review 1-8 steps	Poomse Review 1-8 steps	Poomse Review 1-8 steps
Option 1	Home Rule #1	Home Rule #2	Home Rule #3	Home Rule #4	Home Rule #5	Home Rule #6
Option 2	Alphabet A-D	Alphabet E-H	Alphabet I-L	Alphabet M-P	Alphabet Q-T	Alphabet U-Z
Class Equipment	Turtle Shell Hula Hoop Cone X-ray Target Shield Target Bang-Bang	Poly Square Rope Cone X-ray Target Shield Target Bang-Bang	Alien Hand Cone X-ray Target Shield Target	Turtle Shell Hula Hoop Cone X-ray Target Shield Target Bang-Bang	Poly Square Rope Cone X-ray Target Shield Target Bang-Bang	Alien Hand Cone X-ray Target Shield Target