

TINY TIGERS

Little steps. Big first wins.



KICKS

Stationary front kicks

Stand in one spot. Get ready, lift your knee, kick gently, and bring your foot back with control.



FORM

Big 7

Practice in the order your instructor shows you. Take one move at a time.



STICK COMBINATION

Three count, one side

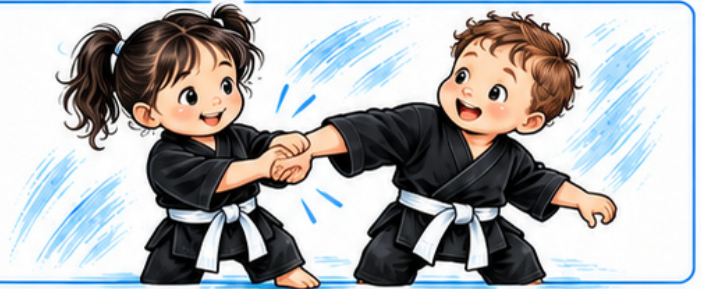
Learn the pattern on one side. Listen for the count and move with it.



SELF-DEFENSE

Same-side wrist release

In class, use the other hand as shown, step back, and pull toward the thumb side to release.



BEYOND THE BELT

Pause. Get ready. Then go.

A ready body and a listening moment help us make a thoughtful choice.



PARENT PROMPT

"Let's pause. Can you show me your ready body?"

Notice stopping to listen trying again calmly.



HOME PRACTICE

Practice solo moves with a grown-up. Open-hand patterns build memory and body control.

