



HOME PRACTICE / WEEKS 1-4

TINY TIGERS

Month 1: Get Ready



Name: _____

Start date: _____

Ages 3-4 | A, B and C each week | 2-3 minutes each | A grown-up can read and cheer.

OUR THREE LITTLE SESSIONS

A | KICKS + FORM

Show one gentle stationary front kick and one Big 7 move.

B | STICK + SELF-DEFENSE

Say the three-count, one-side stick pattern: 1-2-3.
Name the taught steps of the same-side wrist release.

C | REVIEW + BEYOND THE BELT

Repeat your kick and Big 7 move.
Pause, show a ready body, then listen.

MY THREE WEEKLY PRACTICE MOMENTS

Repeat A, B and C each week. Tick each box after that session.

		A	B	C
WEEK 1	Find your ready body.	☐	☐	☐
WEEK 2	Pause before starting.	☐	☐	☐
WEEK 3	Listen, then try.	☐	☐	☐
WEEK 4	Notice one happy try.	☐	☐	☐

Draw or tell a grown-up. Your grown-up can write for you.

WHAT I LEARNED

ONE SMALL WIN

MY NEXT GOAL

Pause. Get ready. Then go.

Count your stick pattern with open hands to build memory and control. Say the self-defense steps aloud. Practice partner grips and strikes with instructor guidance at the Studio.



HOME PRACTICE / WEEKS 5-8

TINY TIGERS

Month 2: Build the Habit

Name: _____

Start date: _____

Ages 3-4 | A, B and C each week | 2-3 minutes each | A grown-up can read and cheer.



OUR THREE LITTLE SESSIONS

A | KICKS + FORM

Show one gentle stationary front kick with a calm return.
Repeat one Big 7 move.

B | STICK + SELF-DEFENSE

Say the three-count, one-side stick pattern: 1-2-3.
Name the taught steps of the same-side wrist release.

C | REVIEW + BEYOND THE BELT

Review your kick and Big 7 move.
Pause, listen, then try again calmly.

MY THREE WEEKLY PRACTICE MOMENTS

Repeat A, B and C each week. Tick each box after that session.

		A	B	C
WEEK 5 Get ready calmly.		☐	☐	☐
WEEK 6 Bring your foot back gently.		☐	☐	☐
WEEK 7 Remember your move.		☐	☐	☐
WEEK 8 Celebrate trying again.		☐	☐	☐

Draw or tell a grown-up. Your grown-up can write for you.

WHAT I LEARNED

ONE SMALL WIN

MY NEXT GOAL

Pause. Get ready. Then go.

Count your stick pattern with open hands to build memory and control. Say the self-defense steps aloud. Practice partner grips and strikes with instructor guidance at the Studio.

TINY TIGERS

Month 3: Notice Your Growth



Name: _____

Start date: _____

Ages 3-4 | A, B and C each week | 2-3 minutes each | A grown-up can read and cheer.

OUR THREE LITTLE SESSIONS

A | KICKS + FORM

Show one gentle stationary front kick and your familiar Big 7 move. Notice what feels easier.



B | STICK + SELF-DEFENSE

Say the three-count, one-side stick pattern: 1-2-3. Name the taught steps of the same-side wrist release.



C | REVIEW + BEYOND THE BELT

Review your kick and Big 7 move. Pause and listen. Tell a grown-up one small win.



MY THREE WEEKLY PRACTICE MOMENTS

Repeat A, B and C each week. Tick each box after that session.

WEEK 9		Notice your ready body.	☐	☐	☐
WEEK 10		Remember the count.	☐	☐	☐
WEEK 11		Say what feels easier.	☐	☐	☐
WEEK 12		Celebrate one small win.	☐	☐	☐

Draw or tell a grown-up. Your grown-up can write for you.

WHAT I LEARNED

ONE SMALL WIN

MY NEXT GOAL

Pause. Get ready. Then go.

Count your stick pattern with open hands to build memory and control. Say the self-defense steps aloud. Practice partner grips and strikes with instructor guidance at the Studio.