

TIGER KARATE REQUIREMENTS

	Yellow	Blue	Green	Purple	Sankyu	Nikyu	Ikyu	Shodan
Blocks	High Low	Middle Push/Palm	Back Hand	Knife Hand	Swimkage	Outside	Roundhouse Juji	Series (1-10)
Punches	Corkscrew	Vertical Uppercut	Roundhouse Hook Rising	All	All	All	All	All
Kicks	Front Back	Front Back	Roundhouse Side	Roundhouse Side	Hook	Crescent Ax	Double Triple	Spinning
Stances	Formal Informal, Ready Horse, Front	Sumo	Hook	Cat	Jungle	All	All	Kokutsu
Ippon(s)	1-2	3-4	5	6	7	8	9	10
Taezu(s)	0	1	2	3	4	5—6	7—8	9—10
Kihon(s)	0	0	0	1	2—3	4—5	6—7	8—10
Kata	Tai (I,II,III)	Taikyoku (I,II,III)	Wunsu	Anaku	Empi	Naihanchi	Basaidai	Gopei
Kobudo (Weapons)					Tsue Sho	Matsuhiga Tonfa	ALL	ALL
Self Defense	1	2	3	4	5	6	7	8
Ukemi (Falling)	Front/Back (Falls)		Back Roll	Fwd Roll	Side Fall	All	All	Sutemi (Aerial)
Ground Work	Wrist Releases	Wrist Releases	Sprawling & Rotating	Elevator & Bridge	8 Ground Positions	Kesagatame Top & Below	Crossbody Top & Below	Guard/Mount Top & Below

