

Welcome to White Tiger.

White Tiger was created and is owned and operated by Grand Master Rondy McKee. She has overcome all potential barriers as a woman and a non-Asian to build the world's largest and most reputable Martial Arts school in the world.

The White Tiger "Tiger Tot" program has been developed to introduce the basic techniques of Taekwondo to our youngest students, 2 ½ to 5 years old. Each 30-minute class focuses on the basic principles of the martial art, offering the testing requirements broken down into smaller increments that are achievable through step-by-step instruction. Physical activity, life skills and games are combined with the basics of Martial Arts to create a fun, energetic class that aids in flexibility, coordination, balance and social skills that will prepare them, as they progress, to belt level classes, school and life in general. The Tiger Tots can earn colored sashes as they progress through the curriculum to display their achievements.

Before your Tiger Tot begins training in the program, a Trial class is often recommended. White Tiger will accept Tiger Tot students as young as 2 ½ years of age but do ask that they meet following three (3) basic criteria before enrollment.

- 1) Our Instructors ask that all students are potty trained (no longer wearing diapers). "Accidents" on the training mats are very disruptive and can be embarrassing to the student.
- 2) The child should be able and willing to follow basic instruction (sit down, stand up, turn around, etc). Without these basics, any further instruction would not be successful.
- 3) The child should be able to communicate with the Instructor of the class. This does not necessarily mean verbally, but successful interaction between student and Teacher is essential to Instruction.

It is also important for Parents to ask themselves what they hope their child can gain out of the program. The benefits of martial arts training are plentiful and Tiger Tots are taught at their own pace to develop their present capabilities and bring out their hidden potential. The Instructors are committed to helping each and every student improve. The goal of the program, and of White Tiger as a whole, is to provide benefits that extend beyond the walls of the Martial Arts school. Many parents, doctors, teachers and psychologists find that Martial Arts improve children's academic progress - attention span, listening skills, cooperative learning, following directions and leadership skills are all areas of training that directly carry over to the academic classroom.

As a society we are becoming better educated about the needs of children who suffer from ADD (Attention Deficit Disorder) and OCD (Oppositional Defiant Disorder), not to mention peer pressure and alienation. A well-rounded Martial Arts curriculum can help your child cope with these problems and develop essential physical, motor, linguistic, perceptual and social skills. Children in our Tiger Tots program learn fundamental movements that can improve their sense of balance and coordination. As boys and girls advance through their training, they will be introduced to more complex drills that will

challenge and improve their ability to concentrate, which in turn can elevate their self-esteem.

Figure 1: White Tiger Class Schedule



A schedule of all White Tiger classes can be found on the racks which are located at the front of the school, to the left of the Front Office.

Days and times are outlined with belt colors displayed for each class for easy reference.

Tiger Tot classes are outlined in purple.

The back of the schedule will provide Students and Parents with scheduled testing dates and other White Tiger special events throughout the year.



WhiteTigerTKD.com 469-3553					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
12:00-12:45 TKD-ALL [Yellow, Green, Blue, Red, Black]		12:00-12:45 TKD [Yellow, Green, Blue, Red, Black]	12:00-12:45 LADY TIGER [Pink]	12:00-12:45 TKD [Yellow, Green, Blue, Red, Black]	9:00-9:45 SPARRING [Yellow, Green, Blue, Red, Black]
12:45-1:30 HAPKIDO [Orange]		12:45-1:30 HAPKIDO [Orange]		12:45-1:30 HAPKIDO [Orange]	9:45-10:30 ELITE SPARRING [Yellow, Green, Blue, Red, Black]
1:30-2:00 TIGER TOT [Purple]	1:00-1:45 KUNG FU [Green]	1:30-2:00 TIGER TOT [Purple]	1:00-1:45 KUNG FU [Green]	1:30-2:00 TIGER TOT [Purple]	9:45-10:30 HAPKIDO [Orange]
4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	10:00-10:30 TOTS [Purple]
4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	4:30-5:15 TKD [Yellow, Green, Blue, Red, Black]	10:30-11:00 ADV TOTS [Purple]
5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	10:30-11:15 TKD [Yellow, Green, Blue, Red, Black]
5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	5:15-6:00 TKD [Yellow, Green, Blue, Red, Black]	10:30-11:15 TKD Forms [Yellow, Green, Blue, Red, Black]
6:00-6:45 TKD [Yellow, Green, Blue, Red, Black]	6:00-6:45 DEFENSE [Yellow, Green, Blue, Red, Black]	6:00-6:45 WEAPONS [Yellow, Green, Blue, Red, Black]	6:00-6:45 SPARRING [Yellow, Green, Blue, Red, Black]	6:00-6:45 TKD [Yellow, Green, Blue, Red, Black]	11:00-11:30 TOTS [Purple]
6:00-6:45 TKD [Yellow, Green, Blue, Red, Black]	6:00-6:45 TKD [Yellow, Green, Blue, Red, Black]	6:00-6:45 TKD [Yellow, Green, Blue, Red, Black]	6:00-6:45 TKD [Yellow, Green, Blue, Red, Black]	6:00-6:45 DEFENSE [Yellow, Green, Blue, Red, Black]	11:15-12:00 TKD [Yellow, Green, Blue, Red, Black]
6:15-6:45 TIGER TOT [Purple]	6:15-6:45 TIGER TOT [Purple]	6:00-6:30 ALL-TIGER TALK - MAT CHATS [Purple]	6:45-7:30 LADIES ELITE FORMS TEAM [Pink]	6:00-6:45 MANUAL STUDY CLASS [Yellow, Green, Blue, Red, Black]	11:15-12:00 TKD [Yellow, Green, Blue, Red, Black]
6:45-7:15 TIGER TOT [Purple]	6:45-7:15 TIGER TOT [Purple]	6:45-7:15 TIGER TOT [Purple]	6:45-7:15 TIGER TOT [Purple]	6:45-7:15 TRIAL TKD [Yellow, Green, Blue, Red, Black]	12:15-1:00 Management Team [Yellow, Green, Blue, Red, Black]
6:30-7:00 TRIAL TKD [Yellow, Green, Blue, Red, Black]	6:30-7:00 TRIAL TKD [Yellow, Green, Blue, Red, Black]	6:30-7:00 TRIAL TKD [Yellow, Green, Blue, Red, Black]	6:15-6:45 TRIAL TKD [Yellow, Green, Blue, Red, Black]	6:45-7:15 TRIAL TKD [Yellow, Green, Blue, Red, Black]	1:00-1:45 members DEMO TEAM [Yellow, Green, Blue, Red, Black]
6:45-7:30 SPARRING [Yellow, Green, Blue, Red, Black]	6:45-7:30 DEMO [Yellow, Green, Blue, Red, Black]	6:45-7:30 FORMS [Yellow, Green, Blue, Red, Black]	6:45-7:30 FAMILY ELITE FORMS TEAM [Pink]	6:45-7:30 BREAKING [Yellow, Green, Blue, Red, Black]	1:30-3:15 BIRTHDAY PARTIES - see office to schedule [Yellow, Green, Blue, Red, Black]
6:45-7:30 TKD [Yellow, Green, Blue, Red, Black]	6:45-7:30 TKD [Yellow, Green, Blue, Red, Black]	6:45-7:30 FORMS [Yellow, Green, Blue, Red, Black]	6:45-7:30 TKD [Yellow, Green, Blue, Red, Black]	6:45-7:30 PAHLGWAY [Yellow, Green, Blue, Red, Black]	3:30-5:30 BLACK BELT REHEARSAL per training sig [Yellow, Green, Blue, Red, Black]
7:30-8:15 HAPKIDO [Orange]	7:30-8:15 LADY TIGER [Pink]	7:30-8:15 LADY TIGER [Pink]	7:30-8:15 KUNG FU [Green]	7:30-8:15 HAPKIDO [Orange]	TESTING TIMES [Yellow, Green, Blue, Red, Black]
7:30-8:15 TKD ADULT [Yellow, Green, Blue, Red, Black]	7:30-8:15 TKD ADULT [Yellow, Green, Blue, Red, Black]	7:30-8:15 TKD ADULT [Yellow, Green, Blue, Red, Black]	7:30-8:15 TKD ADULT [Yellow, Green, Blue, Red, Black]	7:30-8:15 BO/BLACK [Yellow, Green, Blue, Red, Black]	* Regular tests on odd months [Yellow, Green, Blue, Red, Black]
8:15-9:00 HAPKIDO [Orange]	8:15-9:00 HAPKIDO [Orange]	8:15-9:00 HAPKIDO [Orange]	8:15-9:00 KUNG FU [Green]	8:15-10 ALL TEAMS LEADERSHIP PARTY [Yellow, Green, Blue, Red, Black]	* TIGER TOT 12:00. Black Belt forms [Yellow, Green, Blue, Red, Black]
		8:15-8:45 LT LEAD Tiger [Yellow, Green, Blue, Red, Black]			* Make up tests on even months at 3:30 [Yellow, Green, Blue, Red, Black]
					* Private tests by appt [Yellow, Green, Blue, Red, Black]

KOREAN

The Korean language is used frequently for things that are done in every class so that the Students may become accustomed to the words once they move up into belt level classes. Additionally, since the White Tiger community is very multi-cultural, a number of our younger Students do not speak English as their first language. Korean helps to provide a balance as we are all learning together.

It is often a “half-joke” among White Tiger Instructors that by the time the Tiger Tots are ready to graduate to White Belt level classes, many of them generally understand more of the Korean language than some of our Black Belts. Thusly, as you read through this manual, you may come across words you may be unfamiliar with that are commonly used in Tiger Tot classes and throughout White Tiger. These words will be formatted like this: **word**, and a definition for these words can be found in Appendix A located at the back of this manual so that you too may become accustomed to them.

You will also encounter the White Tiger mascot BAEK HO (pronounced: bake-hoe), who will offer helpful notes along the way to help answer any questions you may have.



안녕하세요 (an-nyeong-ha-se-yo)
That means “hello” in Korean

OUR INSTRUCTORS ARE PRE-SCHOOL TAEKWONDO SPECIALISTS

INSTRUCTORS



MICHAEL CHAMPITTO: Mister Mike has been teaching the Tiger Tot classes since 1999. He has helped advance the classes beyond simply being 30 minutes of babysitting into a developmental program that has prepared countless students for Belt Level classes, school and beyond. Several of White Tiger's current black belts, including Mister Mike's own youngest son, began their Martial Arts training in his classes.



TIMOTHY DOWNS: Mister Tim began his Martial Arts training under the tutelage of Mister Mike in the Tiger Tots program and is the first student to advance from the Tiger Tots program all the way to 4th degree Black Belt.



ABDULLAH JOHNSON: Master Abdullah specializes in beginner Tiger Tot Students. Handling the majority of our afternoon classes, Master Abdullah combines a friendly approach with beginning skills, games and tumbling to help acclimate new and shy students in to the program.



BAEK-HO: Master Baek Ho sometimes visits White Tiger and will act as a special guest Instructor for the Tiger Tots class. When this occurs, Parents will be informed well in advance of his arrival so as to prepare their Tiger Tot(s) for this very special event. Baek Ho is so friendly, he very much enjoys posing for pictures with Tiger Tots after class on days he teaches.

***other Instructors may be used as needed.**

Each of our Instructors has a different approach to the classes they teach. Some place more emphasis on respect and discipline while others tend to focus on participation and social interaction. It is important for the Parent(s) to decide what they want their child to get out of the classes they are taking and determine which of our Instructors might be best suited to achieve that goal. But children at this age level also learn different things at different rates. So, it is also important to take into consideration what the child needs to reach that ultimate goal as well.

Though you may want your child to immediately concentrate on developing the skills necessary to advance in to belt level classes, he or she may have difficulty with focus, authority (that is not Mom and Dad) or even the basic structure of the class in general and it may be more advantageous to concentrate on developing those skills first to get the most out of your child's time at White Tiger.

All of our Tiger Tot Instructors are always willing to work with any student in their class. However, placing a Tiger Tot into a class where the testing requirements are emphasized, when they currently lack the focus necessary to follow the instruction, may only serve to frustrate the student and cause the Instructor to expend much of the limited time

available in each class to keep that one particular student involved. This invariably distracts from the rest of class and hinders the development of all students involved. It is therefore important to discuss with our Instructors, early on in your child's training, what classes may be best suited for your Tiger Tot.

CLASSES

To assist in the development of the Tiger Tot, there are three (3) levels of classes offered in the Tiger Tot program.

The first class level is our "BASIC" classes. These classes are for beginners as well as some of our shyer and/or more focused challenged students. The class is designed to develop listening and social interaction rather than concentrating on the next cycle of testing skills. Instructors will focus more on participation of the Tiger Tot by incorporating beginner taekwondo moves with games and even basic tumbling and gymnastics drills to get them involved and more comfortable with what is expected of them in class.

These "BASIC" classes are provided during early afternoon hours Monday, Wednesday and Friday and at 6:45 pm on Wednesday evenings. These classes have a generally more relaxed atmosphere and are taught by Instructors other than Mister Mike. It is often recommended that students who begin in the "BASIC" class, gradually work their way into the other classes as they progress.

The second is our "STRIPES" classes which are open to any Tiger Tot's student. These classes will focus on the skills needed for Tiger Tot's to test to the next sash level.

As the Tiger Tot's advance in these classes through the two month cycle between testing dates, they can earn "stripes" that will be placed on their current sash (or in the case of students that have not yet earned their first sash, their **doe-boke**) to mark their progress. Once they have earned three (3) stripes during the current two month cycle, they can register to test for their next sash level. Stripes are awarded by the Instructor and are not guaranteed to be given to every student of the class as they must be deservedly earned. These stripes do not carry over from one cycle to the next.



In "STRIPES" Class, it may take some time for a Tiger Tot to be awarded their first stripe of any particular cycle. Instructors do not want to have to remove stripes from Tiger Tot's at the end of a cycle if they have not earned all three necessary to test. This may mistakenly seem to the Tiger Tot like a punishment.

Therefore, once the Student has earned their first stripe, the Instructor has actually already deemed that the Tiger Tot knows the curriculum well enough to test for that cycle. Though still not guaranteed, the Instructor expects the Student to easily be able to earn their second and third stripes through showing good focus and "trying their best" in class.

The monthly cycle and outline below in figure 2.

Figure 2

<i>will perform skills from previous 2 tracks of instruction</i>
MONTH: JANUARY TRACK <i>Perseverance, Snap kick, stretch</i>
MONTH: FEBRUARY TRACK <i>Coordination, Front stance forward</i>
MONTH: MARCH TRACK <i>Focus, Horse stance, middle punch</i>
MONTH: APRIL TRACK <i>Agility, Turning 180° in front stance</i>
MONTH: MAY TRACK <i>Responsibility, Etiquette, shoes, cards</i>
MONTH: JUNE TRACK <i>Knowledge, Counting, basic Korean</i>
MONTH: JULY TRACK <i>Concentration, 8 moves of form</i>
MONTH: AUGUST TRACK <i>Self control, 3 punches in front stance</i>
MONTH: SEPTEMBER TRACK <i>Self defense, Low, middle, high block</i>
MONTH: OCTOBER TRACK <i>Discipline, Eye, Body, Mind focus, Key-hahp</i>
MONTH: NOVEMBER TRACK <i>Balance, 270° turn from front stance</i>
MONTH: DECEMBER TRACK <i>Respect, Attention, bow, ready</i>

***NOTE: We will refer back to this chart later in the manual.

The third level of class is our “**ADVANCED**” class. This class is only open to Tiger Tots that have already tested at least once and earned their first sash. This is a more intensive class that will incorporate everything done in “STRIPES” classes but may also include more advanced techniques and lessons designed to keep more advanced Tiger Tots interested and encourage them to do more. Though the class is still meant to be fun and challenging, students of this class carry the added responsibility of their earned sash and are given far less leeway in regards to their focus and behavior.

With the exception of the Advanced Saturday 10:30 am class which is only for those Tiger Tots that have achieved a sash, no student, who shows up on-time, will be denied entrance into any of the Tiger Tot classes that best suits their schedule (or that of their Parents). It should be noted however that the later evening classes (those that begin at 6:45 pm) tend to be more advanced and are specifically administered to teach the testing curriculum of that particular cycle as to instruct those students who are preparing for their next sash testing. Though earlier classes (6:15 pm) will also teach the testing curriculum, they tend to focus more on the basics and are generally better suited for beginner students and those not looking to test right away.

Since new students are continually joining the Tiger Tots classes there is no set starting point at which we begin their training in the martial arts. Therefore, unlike Belt level classes, the Tiger Tot classes are taught on a rotating curriculum, which means that every Tiger Tot student is learning together, the same disciplines at the same time, regardless of how long they have been in the program. The disciplines rotate on a

monthly basis and allows for a new starting point each cycle. **Please refer back to figure 2 on page 5 of this manual for each month's curriculum.**

Every two (2) months (during odd numbered months), the Tiger Tots may test to their next sash level but will all test in the same discipline, outlined by the curriculum, as all other Tiger Tot students regardless of rank. Sashes earned are used to track the progression of the individual Tiger Tot through the number of cycles they have successfully completed, not by their level of mastery.

BEFORE CLASS

Lessons begin as soon as the Student arrives at White Tiger. Students are expected to show good focus, discipline and respect at all times while on the premises. The Café area is not a running track or a jungle gym. If need be, Playroom attendance can be added to the Student's Membership so that they may burn off some of their excess energy before class begins.

Tiger Tots that use the Playroom facilities before class should be instructed to put away any toys that they have taken out to play with during their time there before they leave the room to attend class. Likewise, any shoes or personal items are not to be left in the Café area or by the doors of the Tortoise doe-jahng as students enter their class. Tiger Tots are encouraged to store these items on the shelves provided inside the Tortoise doe-jhang or be given to their parents to hold while attending class.

Tiger Tot Students are expected to be ready to enter class once the Instructor opens the doors to the Tortoise doe-jhang. This means that they are waiting in the café area with their doe-bokes on, shoes off and all necessitates (food, drink, bathroom) already handled. The Instructor will hold the doors for one (1) minute beyond the posted start time of the class to allow all Students to enter. Once the doors are closed, class has begun and no interruption of the class, including late entry, should be allowed. If a Tiger Tot arrives after the doors to the class have closed, it is expected that the Parents of that Student will respect the integrity of the class in progress and wait until the next available class for their Tiger Tot to enter. It is the responsibility of the Tiger Tot to be ready for class, have good focus and try their best. It is the responsibility of the Parent(s) to be on-time.



Unless they are there for a scheduled trial class, all Tiger Tots must be in uniform to attend class.

Tiger Tots will enter the doe-jahng in an organized and appropriate manner and be seated on the mats in a pre-determined location with their legs in a crisscross fashion and their hands on their lap. If a student does not enter the doe-jahng in a respectful manner, the Instructor may ask them to come back out of the room and to "try again".



It is emphasized to Tiger Tots that the class they are attending is not “their class”. This class is the Instructor’s class and as such the student must adhere to the rules and procedures that the Instructor provides them.

Tiger Tots classes will always begin with a discussion of the “Black Belt Life Skill”. Unlike in Belt classes where the skills are changed weekly, Tiger Tots skills are emphasized on a monthly basis as shown below.

LIFE SKILLS

MONTH	CHARACTER	LIFE SKILL
January Perseverance	Poomsay (snake)	
February Coordination	Cagy (rat)	
March Focus	Fireball (dragon)	
April May	Ariel (horse) Roary (tiger)	Agility Responsibility
June July	Nimba-a-l (sheep) Cock-a-Doodle (rooster)	Knowledge
Concentration August Control	Sparrie (monkey)	Self-
September Defense	Sneakie (rabbit)	Self-
October Discipline	Dodger (bull/ox)	
November December	Border (boar) Runner (dog)	Balance Respect



Our “Life Skill” Characters are the same ones found in the Korean zodiac. The Lunar Calendar was the basis of Korean life in the past and to this day, holidays and celebratory events are based on the moon’s cycles. Years were represented by animals that followed each other in an established order repeated every 12 years.

All lessons discussed with the Tiger Tots in class will relate back to the Life Skill for that month. Tiger Tots are continually asked what the current life skill they are learning is to ensure that they are paying attention to what the Instructor of the class is telling them. They may also be asked to provide examples of how they follow these life skills in class or at home so as to ensure their understanding and what is expected of them. Skills that have been taught in previous months will also be asked about to ensure that the students do not forget about these skills once the character has been changed.

RESPECT

Respect is a very important aspect of the martial arts and is heavily stressed at the Tiger Tot level. Tiger Tots are taught the proper technique on how to **kyung-nay** in class as a show of respect. The importance of performing the kyung-nay **properly** is strongly asserted to the Tiger Tots. It is pointed out that a lazy or poorly executed kyung-nay may be seen as disrespectful and that is something we never want to seem.

To provide you with an example of how your Tiger Tot learns this seemingly simple move, please refer to the following....

From **cha-ryot** position, Tiger Tots are instructed to lower their **muh-ree** and lower their upper **nome** so that their **ko** follows the **hyin-seck** stripe on their doe-boke all the way to their bellybutton. They will then keep their muh-ree lowered as they rise, now keeping their **noon** on the hyin-seck stripe of their doe-boke before again raising their muh-ree back to cha-ryot position.

*Okay, that **WAS** a bit overly technical, but it is an example of just how much is taught to your Tiger Tot with everything that we do. It is not expected at this age level that everything be done to perfection, but it is emphasized that respect is shown when we always try our best in everything that we do.*

The kyun-nay is performed several times each and every class. Tiger Tots begin class with a kyung-nay to the **kook-gie** to show our respects to the countries (The United States: where we live and South Korea: the birthplace of taekwondo). They will also kyun-nay to the **Sa-Bum-Nim** and perform a special kyung-nay to the Parents called the **chil-ken-yet**. The chil-ken-yet not only shows our best respect, but is also taught to the Tiger Tots as the first **poomsay** they will master in taekwondo. It is used to show our highest level of respect to Master Rondy, special VIP visitors to White Tiger, Judges at testing and always to our Moms and Dads.



The Chil-Ken-Yet is our biggest show of respect and is given, rightfully, to Moms and Dads at the start of every class for everything they do for us, including bringing us to taekwondo.

Class structure may vary from class to class depending upon a number of different variables. Since there is no set attendance schedule for the Tiger Tot classes, some classes may have more students attending than others which will affect how the Instructor proceeds with each class. Instructors may also have different priorities they wish to emphasize depending upon the individual students in class and as they get to know each individual Tiger Tot better, as well as their strengths and weaknesses of each, they may adjust their methods to address any topics they feel might best benefit them. Regardless of these variables, the lessons and the curriculum will always remain the same as outlined in figure 2, back on page five.

Parents are required to remain in the building while their child is in Tiger Tots class. Minor bumps and bruises may occur that require a parent's attention. Though rare, there may also be times when class focus becomes an issue and it becomes necessary for a child to be temporarily removed from class. In this instance, it should be noted that the Instructor of the class has exhausted all possible disciplinary action at his disposal and given several warnings to the Student. Tiger Tot Instructors do not make idle threats and if a child is sent out of class, you can be sure it was as a last resort. Despite this, it is not intended to be a permanent expulsion from the class. Instructors are simply asking for Parent's assistance in getting the Tiger Tot back in focus and returning them to class as soon as possible



Just like hockey... two minutes in the box for lack of focus. Then, right back into the game.

It should also be noted that for our insurance liability, it is the policy of White Tiger that all students under the age of sixteen (16) must have an adult present at White Tiger at all times while they are on the premises. This adult MUST be on file with the White Tiger office as someone who can authorize medical care if it becomes necessary. Failure to follow this policy may result in a revocation of Membership.

During class, Respect and Focus are the primary disciplines stressed. Tiger Tots are expected to move and respond quickly and respectfully the first time they are asked. The Instructor should never have to repeat himself and other students should not have to wait to move on to the next task because one student is lacking focus.

Instruction in the Tiger Tot classes uses numerous examples relatable to the age level to explain basic taekwondo movements and techniques. For example, moving into **joon-be** is explained to Tiger Tots as lifting a heavy box and **choom-choom-sagie** is addressed as riding and stopping a horse. Instructors will teach these, and other moves first showing the Tiger Tot how to do it and then having them try it for themselves in a

“Follow-the-Leader” type of instruction. After a while, the Instructor may stop showing the move first to judge how well the Tiger Tot is assimilating the information. Tiger Tots are then encouraged to make the moves on their own and not to “cheat” by waiting for other Students to move first before they make an attempt. The ultimate goal is to have the Tiger Tots develop the confidence to perform the moves when asked without having to follow the Instructor or look at other students in the class before attempting the move on their own.

Tiger Tots are encouraged to move when instructed. If their move does not correlate to what the Instructor has asked, then the Instructor and Student can work together to “fix it”. If the Tiger Tot does not move at all when instructed, then it is a confidence issue that must be addressed first before the move can be corrected. These moves are not expected to be perfect, but once the Tiger Tot gains the confidence to make the moves on his/her own, he/she can then be provided with more detailed instruction on how to make it better.

Instructors view the Tiger Tot as “in class” any time they are on the White Tiger premises. When viewed outside of class, they still expect the Tiger Tots to adhere to the lessons they teach while they are on the mats. For example, it is stressed that good respect is shown when a Tiger Tot does what they are told to do the first time they are asked to do it; either by an Instructor or a Parent. If an Instructor views a Tiger Tot, outside of class, failing to follow this rule with a parent, the Instructor is **NOT** overstepping their bounds by taking it upon themselves to remind the Tiger Tot of this rule and their responsibility to Mom and Dad.

Many of the Tiger Tot classes will have younger, belt-level students, assisting the Instructor of the class. These Assistant Instructors are usually junior level White Tiger Leadership Team members. As Students progress in the belt level classes, many of them will choose to join the Leadership Team.

White Tiger is the world’s largest Martial Arts school and with a few thousand students, class sizes can sometimes get very large. Leadership team members are White Tiger Students who have volunteered to assist Instructors in managing classes and act as mentors to newer or lower ranking students. These Leadership Team members attend monthly seminars and training classes and have passed a written test that has certified them to assist with specific classes.

Many of our younger Leadership Team members begin by assisting in the Tiger Tot classes much like an internship. They will hone their mentoring skills under the tutelage of the Tiger Tots Instructors before being moved on to belt level classes or even staying with the Tiger Tot program full-time. It should be noted that these Assistants, much like your Tiger Tots, are students in class as well. They are learning, from the Tiger Tot Instructor, how to one day teach classes on their own. While they are assisting, they are to be provided with the same level of respect as the main Instructor of the class.

Parents are encouraged to take an active role with the Tiger Tots class. Though our Instructors are adept at gauging the strengths and weaknesses of their students, the 30 minutes they get to spend with your Tiger Tot(s), two or maybe three times each week, cannot compare to the rest of the time they are in your care. You obviously know your child better than they do; what works, what doesn't, etc. It is encouraged that Parents have regular conversations with the Tiger Tot Instructors to get honest evaluations of their Tiger Tot's progress. These discussions can include any issues the Tiger Tot may be experiencing in class, their readiness to test or to graduate up to belt level classes or simply any thoughts or questions parents may have about the curriculum.

If a Parent observes any aspect of class that may be questionable to them, or simply does not fully comprehend why something was done the way it was, they are encouraged to speak directly with the Instructor of the class to resolve any potential issue first. This is not to circumvent White Tiger Management, but simply to address the situation as expediently and as directly as possible. As is policy, Instructors will alert White Tiger Management to any issues brought forth by Parents but, if after speaking with the Instructor, the issue has not been resolved to the Parent's satisfaction, of if you feel that further action needs to be taken, Parents are then welcome to bring the issue to Management themselves.

TOURNAMENTS

Several times throughout the year, White Tiger will host In-House and Friendship Tournaments that are open to all White Tiger Students. These events are great beginning tournaments for those students who wish to eventually compete in State, Regional and National level tournaments.

The Friendship tournaments will include students that have been invited from other Martial Arts dojos to compete against students from White Tiger in competition. They will include several event categories including some that our Tiger Tots students will be eligible to compete in. Event winners will be awarded First, Second or Third place trophies or medals and to ensure fairness, events will be judged by Instructors from all schools participating

In-House tournaments are held exclusively for White Tiger Students only. Tiger Tots events on this level can include Taekwondo and gymnastics skills and maybe even board breaking. These events will be judged by White Tiger Black Belts and are a great confidence booster for all Tiger Tots. All students who compete at these events will receive participation trophies or medals.

As stated earlier in the manual, other Instructors may be used as necessary in Tiger Tot classes. Our Instructors may seem Superhuman at times, but they are, in fact, human. As much as they love teaching, events sometimes happen causing them to miss class. When possible, Instructors will provide parents with as much notice as possible so you can prepare your Tiger Tot for the temporary change.

Instructors and Assistant Instructors from belt level classes have all been trained in the White Tiger style of teaching and are more than capable of filling in as a substitute Tiger

GUEST INSTRUCTORS

Tot Instructor for short periods of time. For any extended periods, lasting more than a few classes, these Instructors are provided with specifics on the current Tots curriculum and some helpful notes from the Instructor they are temporarily replacing to guide them in the Instruction of the class.

Occasionally, White Tiger Mascot Baek-Ho will visit the White Tiger facility and ask to assist with some of his favorite classes. He just loves to see the enthusiasm of our youngest students so these classes always include our Tiger Tots. Parents will be provided with as much notice as possible of Baek-Ho's arrival so that they can be sure to bring a camera and have him pose for pictures with your Tiger Tot(s) after class.



*It has been recently discovered that Mister Mike has a rare allergy to Korean Tiger fur. Because of this he will not be available on days that I teach. This is very sad. He is my **chingoo** and I like him very much.*

SELF-DEFENSE

Every September, our Black Belt life skill in Tiger Tots class turns to Self-Defense and will be promoted by our life skill caricature "Sneakie" the rabbit at the front of the Tortoise doe-jahng. Mister Mike with the help of Master Rondy and input from the Cary PD and the other Masters at White Tiger, have developed the Tiger P.R.I.D.E. (**PARENTS RESPONSE for INSTRUCTIONAL DEFENSE EDUCATION**) class.

This class is a separately scheduled event from the normal Tiger Tot classes and involves the education of both parent(s) and child(ren) in what to do in the event that a situation arises that can be potentially threatening to the child and how you, as a parent, respond to that situation.

The normal cost for the class is \$25 but is offered **FREE OF CHARGE** to any existing Tiger Tots, their siblings and their parents in the month of September. More information will be provided as the class time approaches.

For reference, you can look at Appendix B in the back of this manual for guide line of the five (5) self-defense techniques we will be teaching in class during the month of September. You may also visit the Tiger Tots section of the White Tiger website to view a step-by-step demonstration of each technique.

TESTING

The stripes that are needed to be obtained in order to participate in the upcoming testing for the next sash level are earned in "STRIPES" and "ADVANCED" classes. Tiger Tots who attend these classes are not guaranteed to earn the three stripes necessary to test during any particular cycle. Even if the Tiger Tot has tested previously, they may not learn the current cycle's curriculum well enough to test this time around. This is normal, and perfectly acceptable. The Instructors would rather the student learn at their own pace and hold them back from testing than to send them out in front of a large group of people to be judged on what they may not be confident in performing. A bad testing can

be humiliating for a student at any age level and hard to overcome emotionally. So it is important to us that we not force any Tiger Tot into a situation they may not be ready for.

Once a Tiger Tot has earned the necessary three (3) stripes, they can obtain a testing application (figure 3) from the Instructor of the class or from the front office. There is a \$25 application fee for Tiger Tot testing. This fee helps to pay for Judges at Testing, processing of documentation and the sashes, which are handmade at White Tiger.

These applications must be submitted to the front office by no later than 7:30 pm on the Thursday before the scheduled testing date. There will be an additional fee for any applications turned in late.

TIGER TOT PROMOTION TESTING APPLICATION
PROMOTION TO NEXT SASH

LAST NAME:
 FIRST NAME: **AGE:**
 DATE OF TESTING:
APPLICATION DUE: Thursday before test by 7:30pm
TEST TIME: 11:50am, no regular classes on test day

TESTING FEE: check the appropriate fee rate
 \$25 if turned in **BEFORE** 7:30pm on application due date
 \$50 if turned in **AFTER** 7:30pm on application due date
 \$45 for private test by appointment, see office

will perform skills from previous 2 tracks of instruction
MONTH: JANUARY TRACK
 Perseverance, Snap kick, stretch
MONTH: FEBRUARY TRACK
 Coordination, Front stance forward
MONTH: MARCH TRACK
 Focus, Horse stance, middle punch
MONTH: APRIL TRACK
 Agility, Turning 180° in front stance
MONTH: MAY TRACK
 Responsibility, Etiquette, shoes, cards
MONTH: JUNE TRACK
 Knowledge, Counting, basic Korean
MONTH: JULY TRACK
 Concentration, 8 moves of form
MONTH: AUGUST TRACK
 Self control, 3 punches in front stance
MONTH: SEPTEMBER TRACK
 Self defense, Low, middle, high block
MONTH: OCTOBER TRACK
 Discipline, Eye, Body, Mind focus, Key-hahp
MONTH: NOVEMBER TRACK
 Balance, 270° turn from front stance
MONTH: DECEMBER TRACK
 Respect, Attention, bow, ready

6th TEST - BLACK SASH
5th TEST - RED SASH
4th TEST - BLUE SASH
3th TEST - GREEN SASH
2nd TEST - YELLOW SASH
1st TEST - WHITE SASH

RESULTS
 PASS FAIL HOLD

Figure 3

Tiger Tots who successfully test will receive their next level sash at the first class they attend following the testing date. They will be awarded individually at the end of the class so as to give ample opportunity for parents to take pictures of their Tot receiving their new “rank”

SASHES

Sashes are awarded in the same color order as belts with a white sash being the first one a Tiger Tot can earn. Tiger Tots may have a favorite color sash they wish to have, but it is important for them to understand that each one must be earned, in order, and carry greater responsibilities the higher up they progress.

As class begins, the highest ranking student, based on sash level, will sit on the far left of the red line, facing the front of the doe-jahng (toward the kook-gie). The Student with the next highest sash level will sit to his immediate right and so on with the lowest ranking student(s), or those having yet to earn a sash, all the way to the far right. This is similar to how belt level classes begin with Students lined up in rank order.

Tiger Tots are instructed that their doe-bokes and sashes are their responsibility. They are to care for them, make sure they get into the dirty laundry, make sure they are put away when clean and have them ready on class days. Students who forget their sash, must sit with the other student(s) who do not have a sash when class begins, regardless of what color sash they are supposed to have. Additionally, doe-bokes must always be worn in class (with the exception of trial lessons) so, students that do not have their doe-boke for class, will be unable to participate in that class.

As Tiger Tots advance through the curriculum, examples of increased focus, confidence and discipline should be clearly evident. But beyond that, Parents, and Instructors, should also begin to notice a change in attitude toward what the Tiger Tot is doing. The moves they have learned become more than just simply moving a part of their body from one place to another. They begin to have purpose and even a hint of technique in them. Tiger Tots will make noticeable adjustments in their stances, kicks and punches to ensure that they are doing them to the best of their ability. The accomplishment of simply “doing it” is no longer enough. There is pride behind doing it right. This is when both Parents and Instructors can begin to ask, “*When will they be ready for belt class?*”

Generally, White Tiger would like to have a Tiger Tot promoted to belt level classes by the time they turn five (5) years old. However, it is understood that children at this age level learn and mature at different rates and further instruction at the Tiger Tots level is sometimes needed.

Though not necessary, some Parents feel as if their Tiger Tot should complete the full program and earn all sash levels before being promoted to a white belt class. While this can have the added benefit of teaching a Tiger Tot that things started should always be completed and provide a further sense of accomplishment when they receive their black sash, consideration must be taken to ensure that a Tiger Tots who is truly ready to move up not be withheld for too long a period of time. Such a delay in advancement could result in the Student becoming unchallenged and bored with the Instruction of the Tiger Tot class which could also lead to a regression in focus or behavior.

PROMOTION



I often see a new Tiger Tot student seem shy or even a bit afraid of their new Instructor when they first enter the Program but are then reluctant to leave for belt classes when it is time to be promoted because they don't want to not have them as their Instructor any longer.

Tiger Tot Instructors are always willing to share, with Parents, honest evaluations of their child's progress as well as any concerns they may have about the Student's readiness to be promoted. And, though Tiger Tots Instructors may approach Parents regarding the promotion of a Student, it is ultimately the decision of the Parent(s) to determine when a Tiger Tot is ready to move up into belt level classes.

The hardest part of the Tiger Tot program for our Instructors is that they are often presented with a fragile vessel containing the raw energy and exuberance that only a child at this age possesses. They are challenged with harnessing that energy without breaking the precious container...



Kind of like trying to herd cats

...they, encourage it. They shape and mold it. And they help focus it on attainable goals, celebrating the first achievements that will prepare them to begin their journey into the world. And then, just when they are ready to start that journey, they leave them and the Tiger Tot program behind. They move on to belt classes and school and life in general. Because that's what children do. They grow; not just physically, but also as individuals, and leave to find new worlds to discover and conquer.

Nothing makes our Tiger Tot Instructors happier than having a former Tiger Tot return to show them their latest achievement; whether it be their newest belt rank, an "A" on a school report card or just to say **"gam-sa-hom-nee-da"**.

We hope you and your Tiger Tot will enjoy your time in the program. We know that we will enjoy have you.



화이트 타이거에 오신 것을 환영합니다.
(Welcome to White Tiger)

APPENDIX A: korean terminology

Words in highlighted and in bold are used often in Tiger Tots classes and should eventually be understood by all Students. The rest may be used occasionally, but are generally listed here just

for fun.

BASIC TERMINOLOGY

How are you?.....Ahn-yong Ha-shim-ne-ka?
Thank you.....Gam-sa-hom-nee-da
Flag.....Kook-gie
Uniform.....doe-boke
Instructor.....Sa-ba-nim
School.....Doe-jhang
 Form.....poom-say
Butterfly.....Na-bee

colors

Red.....Bahl-kahng Seck
Blue.....Pa-rahng Seck
 Green.....Noke Seck
 Yellow.....No-rang Seck
Black.....Kum-gung Seck
White.....Hyin Seck

numbers

1....One.....Hah-na
2....Two.....Dule
3....Three.....Set
4....Four.....Net
5....Five.....Da-sut
6....Six.....Ya-sut
7....Seven.....Ill-gope
8....Eight.....Yuh-dull
9....Nine.....Ah-hope
10...Ten.....Yull

conditions

Happy.....Key-buh-yo
 Sad.....Sul-puh-yo
 Angry.....Hwa-na-yo
 Tired....Pee-kone-hay-yo
 Hot.....Tuh-whoa-yo
 Cold.....Chu-whoa-yo
 Good.....Joe-ah-yo
 Bad.....Na-pa-yo
Beautiful.....E-po-yo

Directions

Up.....We
 Down.....Ah-ray
 Side.....Yup
 Left.....When-joke
 Right.....Oh-ren-joke
Turn Around...Dwee-dle-drah

Family

Mother.....Oh-moe-nee
Father.....Ah-buh-gie
 Younger BrotherNahm-dong-sang
 Younger SisterYuh-dong-sang
 Older Brother (for male).....Hyung
 Older Sister (for male).....Nu-nah
 Older Brother (for female).....Oh-pa
 Older Sister (for female).....Uh-nee
Friend.....chingoo

BASIC COMMANDS

Line up.....Jule-suh
 Stand up.....Ill-uh-sut
 Sit Down.....Ahn-jun
Start.....She-jock
Stop.....Gu-mon
Attention.....Cha-ryot
Bow.....Kynug-nay
Bow to Instructor.....Sa-ba-nim Kay Kyung-nay
Big Bow.....Chil-ken-yet
Ready Position.....Joon-bee
 Horseback Riding Stance.....Choom-choom sa-gie
 Relax.....She-oh
 Return to Ready Position.....Pah-ro
 Yell(ing).....Key-halp
 Turn Around.....Dwee-dle-drah
Block.....Mahk-gie
Low Block.....Ah-ray Mahk-gie
High Block.....Ull-gool Mahk-gie
Middle Block.....Mome-tonge Mahk-gie
Punch.....Jee-ru-gie
Single punch.....Han-bun Jee-ru-gie
Double Punch.....Due-bun Jee-ru-gie
Triple Punch.....Say bun Jee-ru-gie
 Low punch.....Ah-ray Jee-ru-gie
 Middle Punch.....Mome-tonge Jee-ru-gie
 High Punch.....Ull-gool Jee-ru-gie
Kick.....Cha-gie
Front Snap Kick.....Ahp Cha-gie
 Roundhouse Kick.....Doe-lee-o Cha-gie
Axe Kick.....Nay-lee-ah Chee-gie
 Front Stretch Kick.....Ahp-chee-o-lig-gie
 Hurry.....Bahl-lee
 Change hand.....Sone-ba-kwah
Change step (switch feet).....Bahl-ba-kwah

BODY

Nose.....Ko Arm.....Pahl
Eye.....Noon Leg.....Da-ree
Head.....Muh-ree Ear.....Kwee
Body.....Nome Mouth.....Eep
Brain (mind).....nowhey

APPENDIX b: self-defense

The following is an outline of the five (5) self-defense techniques we will be teaching in class

during the month of September.

ATTACK

DEFENSIVE TECHNIQUE (all preformed with loud ki-halp)

1

"Bad Guy" attacks from the front, grabbing Tiger Tot by the shirt, arms or shoulder with both hands

Step 1 - Tiger Tot brings arms up through attacker's arms and executes outward thrust to weaken attacker's grip.
Step 2 - Tiger Tot then executes front snap kick to groin of Attacker.

2

"Bad Guy" attacks from the rear, grabbing Tiger Tot around the shoulders and torso from behind

Step 1 - Tiger Tot stomps on Attacker's foot
Step 2 - Tiger Tot flings their head up and backward into the Attacker's face or upper chest
Step 3 -Tiger Tot uses alternating elbow strikes to the attacker while moving forward quickly to release Attacker's grip

3

"Bad Guy" attacks from the front, grabbing Tiger Tot's arm or wrist.

Step 1 - Tiger Tot falls backward to the ground.
Step 1a – If the Attacker has released their grip, go to Step 3
Step 2 –While on their back, Tiger Tot used both legs to execute stomps to the knee of the Attacker until Attacker releases grip.

4

"Bad Guy" attacks from the front, grabbing and lifting Tiger Tot.

Step 1 - Tiger Tot uses hand to pound on Attacker's wrists while simultaneously kicking feet
Step 2 – Once within arm's reach, Tiger Tot executes a punch to the Attacker's eyes, nose or throat area
Step 3 – continue steps 2 until the Attacker's grip is broken.

5

"Bad Guy" attacks from the front, charging at Tiger Tot

Step 1 – if out of reach of the Attacker, Tiger Tot skips to step 3
Step 2 – Tiger Tots takes up a fighting stance and punches Attacker as he/she nears; aiming for the eyes, nose or throat of the Attacker.