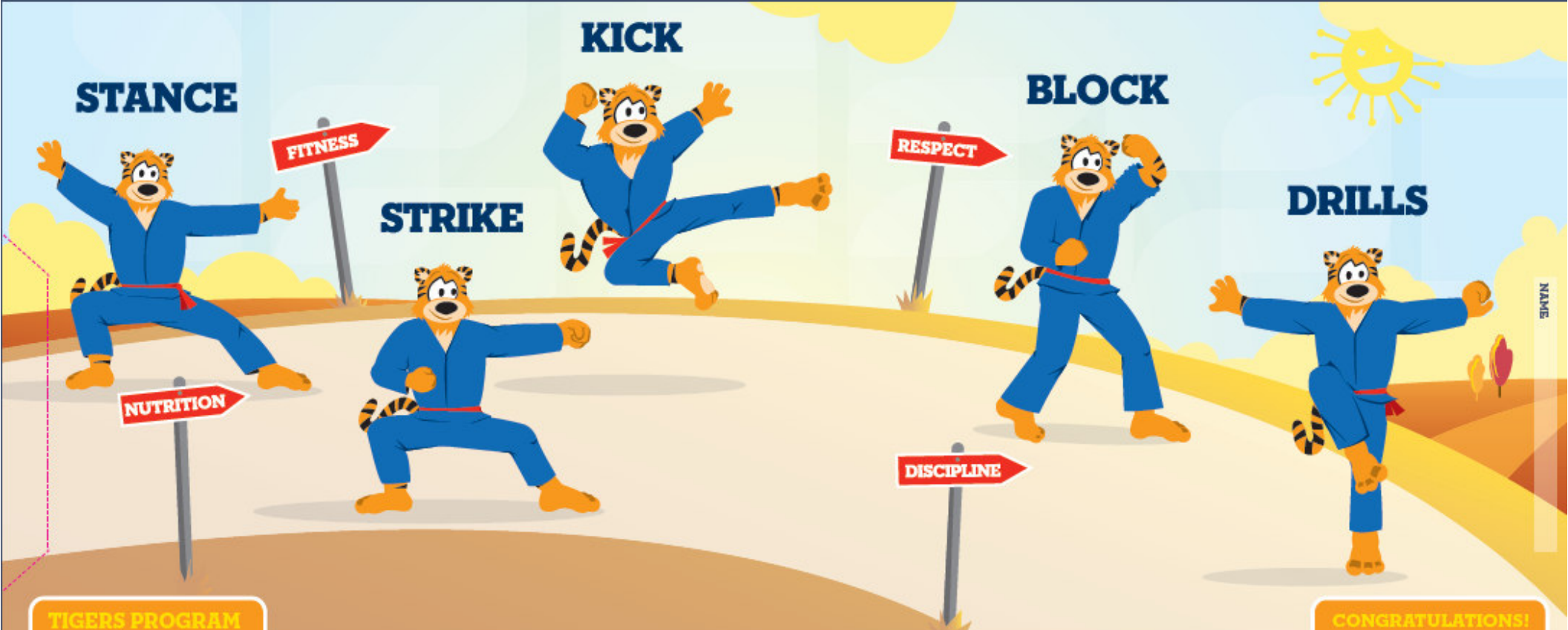


LIFE TIME KIDS **TIGERS** PROGRESSION CHART

BELT LEVELS & **REQUIREMENTS** AGE LEVEL: 4 to 6 Years



TIGERS PROGRAM

- Establishes foundational martial arts skills
- Improves fitness
- Provides basic understanding of nutrition
- Develops positive attitudes, focus, discipline and respect.
- Fun!



For every belt level, you'll work on **stance, strike, kick, block and drills**, plus learn a little bit about **nutrition, fitness, respect and discipline**.
Once you achieve the skill set for each of these levels, you **get the sticker** – and move on!

CONGRATULATIONS!
You've completed the Tigers program, and you're ready to move on - totally prepared for a more formal and higher discipline Martial Arts practice
Cary's next offering is either:
Advanced Tigers if 6 yrs
or
Kenpo Juniors if 7 to 12 yrs