



Titirangi Tiger Kempo Programme

Children's Martial Arts with *Quintin Derham*
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Grading System for Children under 8yrs*

*First 4 Gradings outlined in this guide are included in Term Tuition fees (No additional costs)
Grading fees are required for Children aged 8 yrs and above.

Please note: Time frames given for each Grade/Level are average time periods to achieve each level. Attendance, personal practise and discipline in class will influence time between grades.

White Sash (*Awarded after 6-8 lessons*)



Basic requirements for White Sash

- Attend 6-8 lessons
- Demonstate ability to listen to basic instructions
- Kempo Stances (postures)
Horse riding stance | Crane Stance | Tiger Stance
- Basic defensive techniques
Rising forearm block | Side step | Duck

White/Yellow Stripe Sash (*Awarded after 10-15 lessons*)



Basic requirements for White/Yellow Sash

- Attend 10-15 lessons after White Sash
- Quiet standing (1 minute)
- Little Leopard form
- Basic Blocking and striking ability
- Personal safety skills and awareness
- Horse stance challenge (1 minute)
- Breakfall and forward roll

White/Orange Stripe Sash (*Award after 15-20 lessons*)



Basic requirements for White/Orange Sash

- Attend 15-20 lessons after White/Yellow Sash
- Quiet standing (2 minutes)
- Little Tiger form
- Bodyshifting, link basic stances together
Linear stepping sets
- Horse stance challenge (2 minutes)
- Tiger/Crane form
- Focus pad testing (Power, accuracy, timing)

White/Green Stripe Sash (*Awarded after 15-20 lessons*)



Basic requirements for White/Green Sash

- Attend 15-20 lessons after White/Orange Sash
- Quiet standing (3 minutes)
- Little Crane form
- Freestyle Kempo body-shifting
- Horse stance challenge (3 minutes)
- Basic short staff handling sets
- Focus pad testing (Power, accuracy, timing)
- Teach another student a basic Kempo technique

- The techniques and skills required for each level are guidelines.

- Additional exercises and movements will be taught during classes. Children will have the opportunity to learn basic Tai Chi forms and exercises. We teach children to recognise the importance of flow, circularity and yielding.

- The Tiger Kempo Programme is designed to prepare young children for Martial Arts training in a safe, yet challenging environment. Classes are fun however we challenge children to pay attention, focus and follow instructions. Nearly all children begin to understand the importance of these qualities and progress at their own pace.

- Instructors discuss success and failure with all students. Children learn to accept failure and learn from the experience.

- Gradings are presented during class time at the conclusion of classes.

- Children are encouraged to practise some Kempo at home with their parents if possible.

- Video support will be available soon to assist parents to recognise basic alignments and principles of Kempo training.

- Should you child get upset that he or she has not received a grade and another child of similar experience has please discuss with us. We talk to children about the effort, focus and concentration expected at each class to acheive their next grade/level. Most children understand that they need to work a little harder or improve their focus in order to move up a grade.

