

# Adult Curriculum for One Green Stripe

## *(Eighth Kyu)*

### Stances

Natural stance  
Attention stance  
Rectangular stance  
Kicking stance  
Forward stance  
Cat stance  
Diagonal stance

### Hand Techniques

Lunge punch  
Reverse punch  
Double punch  
High/low double punch  
Vertical punch  
Inner chop  
Downward elbow strike  
Roundhouse elbow strike

### Blocking Techniques

Lower block  
Inner middle block  
Rising block  
Double inner middle block

### Leg Techniques

Upward knee kick  
Roundhouse knee kick  
Front snap kick  
Front thrust kick  
Low back stamping kick

### Footwork

Directional Movements:  
90° 180° 270°

### Kata and Applications

Kata 1: Taikyoku (First Cause)  
Katas 2, 3, and 4  
Modified kata  
Formatted applications

### Blocks and Punches

(in rectangular stance)  
Lower block  
Inner middle block  
Rising block  
(see page 6.5)

### Escaping Techniques

Thumb escape

### Dropping Techniques

Forward roll (same side)  
Backward roll  
(see page 6.15)

### Sparring and Self Defense

Three-step pre-arranged sparring  
O Sensei guard:  
Modern guard

### Stamina

Lunges: 100 w/ chop or punch  
Punches: 100  
Pushups: 20 palm

### Leadership and Philosophy

#### Code of Ethics

#### Three-O's Principle

Open mind  
Open heart  
Open arms

### Five Firsts for Friendship

Communicate  
Smile  
Care  
Share  
Forgive

### Five Steps to Health

Think  
Eat  
Exercise  
Rest  
Perform

### Five S's for Warmups

Safety  
Slowness  
Self-awareness  
Stretching  
Strengthening

### Five A's for Self Defense

Awareness  
Alertness  
Avoidance  
Anticipation  
Action

### Five W's for Self Defense

Wrong time  
Wrong place  
Wrong people  
Wrong attitude  
Wrong techniques

### Five R's for Self Defense

Right perspective  
Right time  
Right place  
Right techniques  
Run

# Adult Curriculum for Two Green Stripes

## (Seventh Kyu)

### Stances

Side stance  
Back stance

### Hand Techniques

Vertical backfist strike  
Horizontal backfist strike  
Vertical spearhand thrust  
Horizontal spearhand thrust  
Outer horizontal chop

### Blocking Techniques

Knifehand block  
Outer block  
Reinforced block  
Lower x-block  
(open / closed hands)  
Upper x-block  
(open / closed hands)

### Leg Techniques

Stamping kicks (see page 6.22)  
Side thrust kick  
Back thrust kick  
Roundhouse kick

### Footwork

Six moves, four directions  
(see page 6.2)  
Shuffle (in side stance)  
Crossover:  
(in side stance, in front  
and behind)  
Hopping  
Check box pattern

### Kata and Applications

Pinan 1 (Peaceful Mind)  
Pinan 2  
Formatted applications

### Blocks and Punches

Add this set:  
(in rectangular stance)  
Knifehand block  
Outer block  
(see page 6.5)

### Escaping Techniques

Stamping kick

### Dropping Techniques

Forward roll (opposite side)  
Low side drop (see page 6.16)

### Sparring and Self Defense

One-step pre-arranged sparring  
Three vertical zones  
Four horizontal zones

### Stamina

Lunges: 150  
(w/outer horizontal chop)  
Pushups: 10 fingertip  
20 palm

### Leadership and Philosophy

#### Five P's of Achievers

Perspective  
Patience  
Perseverance  
Pride in accomplishment  
Practice 'til perfect

#### Five D's of a Winner

Direction  
Discipline  
Determination  
Dedication  
Do 'til death

#### Five Think Rights (No Brain, No Gain)

Think simpler  
Think faster  
Think better  
Think deeper  
Think wiser

#### Five Res's for Interrelating

Responsibility (self respect)  
Respect others  
Responsiveness  
Resolution  
Resilience

#### Five F's for Learning and Teaching

Fun  
Friendship  
Focus  
Fly your spirit  
Finish your goal

#### Five Re's of Meditation

Relaxation  
Respiration  
Renewal / rejuvenation  
Reflection  
Realization

#### Code of Ethics

# Adult Curriculum for Green Belt

## (Sixth Kyu)

### Stances

Parallel stance  
Inward stance  
Pigeon stance  
Crescent stance

### Hand Techniques

Close punch  
Outer diagonal chop  
Palm heel strikes  
Elbow strikes: (see page 6.13)  
  Upward  
  Backward  
  Forward  
  Side  
  Back roundhouse

### Blocking Techniques

Middle low block  
Side elbow block  
Palm heel block  
Double forearm block  
Sliding block: (three levels)  
*Soft* elbow block

### Leg Techniques

Side snap kick  
Crescent kick  
Knee block  
Shin block  
Deflecting knee block  
Rear leg knee charge  
Three roundhouse kicks  
  (balanced, middle level)

### Footwork

Sliding

### Kata and Applications

Pinan 3  
Formatted applications

### Blocks and Punches

Add this set:  
  (all sets in inward stance)  
  Elbow block  
  Middle low block  
(see page 6.5)

### Escaping Techniques

Elbow strike

### Dropping Techniques

Front drop  
Side drop  
Front tumble (see page 6.17)

### Sparring and Self Defense

Load and explode  
Ten directions off-line  
Zone offense / defense

### Stamina

Lunges: 150 (w/outer diagonal  
  chop and low chop block)  
Pushups: 15 fingertip  
  20 palm

### Written Exam

Given one week before test  
(see page 8.12)

### Leadership and Philosophy

#### Five Sources of Power

Mind  
Body  
Spirit  
Soul  
Ki

### Seven Martial Arts of Influence

Shotokan  
Boxing  
Judo  
Aikido  
Wing Chun  
Tai Chi Chuan  
Vovinam

### Five Controls for Self Defense

Control area (awareness)  
Control yourself (fear, anger)  
Control attackers (strategy)  
Control the situation  
Control consequences

### Five All's for Self Defense (3-D)

All angles  
All levels  
All techniques  
All situations  
All people

### Five Wins of a Winner

Over yourself  
Opponent's respect  
Third party's respect  
Over the situation  
People's hearts

### Ten Don'ts for Sparring

Angry  
Fearful  
Tense  
Hurried  
Waste energy  
Overconfident  
Distracted  
Pre-conceived ideas  
Discouraged if you lose  
Afraid of losing

### Code of Ethics

# Adult Curriculum for One Brown Stripe

## (Fifth Kyu)

### Stances

Forward parallel stance  
X stance  
T stance  
L stance

### Hand Techniques

Jab  
Cross  
Hook  
Uppercut  
Roundhouse punch

### Blocking Techniques

Inner shovel block  
Outer shovel block  
Backhand block  
Wedge block  
Arrow block  
*Soft* lower block  
*Soft* inner middle block  
*Soft* rising block  
*Soft* outer block (monkey)

### Leg Techniques

Heel kick  
Flying front kick  
Foot sweeps:  
(arch, instep, heel)  
(see page 6.17)

### Footwork

Directional Movements:  
Z letter (with kicks / hands)  
U letter (with kicks / hands)  
Entering (irimi)  
Turning (tenkan)

### Kata and Applications

Pinan 4  
Formatted applications

### Blocks and Punches

Add this set:  
(all sets in inward stance)  
*Soft* lower block  
*Soft* inner middle block  
*Soft* rising block  
*Soft* outer block (monkey)  
(see page 6.5)

### Escaping Techniques

Bent wrist (kote gaeshi)

### Weapons

Tambo (left and right hand):  
Three basic grips:  
Natural (yang) (duong)  
Reverse (yin) (am)  
Middle (trung)  
Six blocks:  
Natural grip (yang) (duong)  
Six guarding positions  
14 basic strikes:  
(yang) (duong)  
(see page 11.2-11.7)

### Sparring and Self Defense

Centerline principles  
Free sparring in class

### Stamina

Boxing sequence: (30 each side:  
jab, cross, hook, upper cut)  
Pushups: 20 fingertip  
20 palm

### Public Speaking

Three minutes in class

### Leadership and Philosophy

#### Five Steps in Cuong Nhu Philosophy

Living  
Giving  
Caring  
Sharing  
Loving

#### Five Selves

Self-acceptance / self-tolerance  
Self-confidence  
Self-esteem  
Self-control  
Selflessness

#### Eight Sources of Learning

Sensei and sempai  
Classmates  
Mirrors  
Books, media  
Tournaments  
Training equipment  
Yourself  
Seminars

#### Five Re's for Healing

Reduce  
Relax  
Reach  
Reevaluate  
Remember

#### The Foundation for Peak Performance: Simple as ABCDE

Awareness (well prepared and planned) (right perspective, right attitude)  
Belief (in self and others)  
Commitment (to excellence)  
Dedication (labor of love)  
Enlightenment

# Adult Curriculum for Two Brown Stripes

## (Fourth Kyu)

### Stances

Dinh stance  
Turtle stance  
Serpent stance

### Hand Techniques

U punch  
Hammer strike:  
(w/top fist)  
(w/bottom fist)  
Inner ridgehand strike  
Outer ridgehand strike

### Blocking Techniques

Sweeping blocks:  
(high, middle, low)  
Downward forearm block  
Bottom hammer fist block  
*Soft* knifehand block (crane)  
*Soft* middle low block  
Grasping block

### Leg Techniques

Wheel kick  
Dropping kick  
Flying double front kick  
Flying side kick  
Jump side kick:  
(stationary/advancing/retreating)  
Foot sweeps:  
Low spinning sweeps  
Double low spinning sweeps  
(see page 6.17)

### Footwork

Slide-hop  
Split the water buffalo

### Kata and Applications

Pinan 5  
Formatted applications

### Blocks and Punches

Add this set:  
(all sets in inward stance)  
*Soft* knifehand block (crane)  
Downward forearm block  
Sweeping block  
(see page 6.5)

### Escaping Techniques

Pressing arm (ude osae)

### Weapons

Tambo (left and right hand):  
Five guarding positions: yin (am)  
Six blocks: yin (am)  
14 Basic strikes: yin (am)  
Disarms: tambo vs tambo  
(see page 11.2-11.7)

### Sparring and Self Defense

Dynamic blindspot  
Free sparring in class  
Trapping

### Stamina

Pushups: 10/10 one arm  
20 fingertip  
20 palm

### Public Speaking

Three minutes in class

### Leadership and Philosophy

#### Five F's for Training

Fortify your body  
Find your own way  
Fly your spirit  
Feed your soul  
Flow your ki

#### Five S's for Safe Training / Running

Sane – Sight  
Stretching  
Stamina  
Strength  
Speed (see page 1.17)

#### Ten C's for Successful Training / Running

Commitment  
Coaching  
Consistency  
Courage  
Conditioning  
Camaraderie  
Concentration  
Communication  
Competition with yourself  
Control of your body

#### Training / Running Relation to Other Sports

Focus (timing)  
Power  
Endurance  
Flexibility (conditioning)  
Perspective (see page 1.17)

# Adult Curriculum for Brown Belt

## (Third Kyu)

### Hand Technique

Rising punch  
Tiger mouth strike

### Blocking Techniques

Circular chop block  
Palm corner block  
Pressing block  
Inner / outer block:  
Palm up  
Palm down

### Leg Techniques

Reverse crescent kick  
Inside roundhouse kick  
Flying double kicks:  
Front / side  
Front / roundhouse  
Front / crescent  
Axe kick (inside / outside)

### Kata and Applications

Jutte (Ten Hands)  
Tension kata  
Formatted applications

### Blocks and Punches

Add this set:  
(in inward stance)  
*Soft* middle low block  
Pressing block  
Inner outer block  
(see page 6.5)

### Throwing Techniques

Unbalancing: eight directions  
(kuzushi)  
Pin (kesa gatame)  
Big outside clip (osoto gari)  
Hip throw (ogoshi)  
Armlock (ude gatame)

### Weapons

Tambo 1  
Formatted applications

### Sparring and Self Defense

Electric shock  
Rhythm  
Free sparring:  
Three two-minute rounds

### Board Breaking

For requirements (see page 10.1)

### Stamina

Pushups: (maximum)  
15/15 one arm  
20 fingertip  
20 knuckle  
20 palm

### Public Speaking

Three minutes in class

### Written Exam

One week before test  
(see pages 8.18, 8.19)

### Written Paper

Brief bio, reasons for training and life experiences. Two pages typed

### Leadership and Philosophy

#### Ten “Nesses” of Leadership

Fitness – Health  
Wellness – Health  
Assertiveness – PR  
Openness – PR  
Fairness - PR  
Directness – PR  
Oneness – Improvement  
Togetherness – Improvement  
Forgiveness – Improvement  
Creativeness – Improvement

#### 5 Ups of Learning and Teaching

Shut Up  
Put Up  
Beat Up  
Keep Up  
Live Up

#### Five Troubles To Avoid

Alcohol abuse  
Bigoted bull  
Cardiovascular carelessness  
Drug dependency  
Excessive ego

**Pyramid Formulas for Happiness,  
Harmony and Healthy Training**  
(see page 2.3)

# Adult Curriculum for One Black Stripe

## (*Second Kyu*)

### Hand Technique

Bent wrist strikes:  
 horizontal  
 upward  
 downward  
 diagonal upward  
 diagonal downward  
 Looping punch  
 Looping ridgehand  
 Palm corner strike

### Blocking Techniques

Joined hands block: (three levels)  
 (pre-arranged with kicks)  
 Bent wrist blocks: (three levels)  
 Palm corner block  
 Palm push to elbow

### Leg Techniques

Spinning reverse crescent kick  
 Reverse dropping kick  
 Flying back kick  
 Flying wheel kick

### Kata and Applications

Empi (Flying Swallow)  
 Formatted applications

### Blocks and Punches

Add this set:  
 (in inward stance)  
 Palm push (see page 6.5)

### Escaping and Throwing Techniques

Four directions throw (shiho nage)  
 Over neck throw (yin / yang)  
 (kokyunage, iriminage)  
 Body drop (tai otoshi)  
 Hip sweep (harai goshi)

### Weapons

Bo:  
 Basic strikes  
 Bo 1 and formatted applications  
 Figure eight: forward and reverse  
 Basic knife defense principles

### Sparring and Self Defense

Jamming concepts:  
 Body, joints, legs  
 Free sparring:  
 Three-two minute rounds

### Board Breaking

For requirements (see page 10.1)

### Stamina:

Pushups: (maximum)  
 15/15 one arm  
 20 fingertip  
 20 knuckle  
 20 palm

### Written Paper

Brief bio, reasons for training,  
 teaching related experiences.  
 Two pages typed.

### Leadership and Philosophy

Assistant teaching experience:  
 four months as a brown belt

### Ten Stages of Growth

*Nobody*  
 Learner  
 Worker  
 Fighter  
 Achiever  
 Winner  
 Teacher  
 Leader  
 Thinker  
 Philosopher  
 Nobody (see page 2.1)

### Five Loves of a Sensei

Teaching  
 Sharing  
 Students  
 Martial arts  
 Growth

### Five Negatives in Teaching

Don't ridicule any student  
 Don't make discriminatory remarks  
 Don't push students excessively  
 (to avoid burning them out)  
 Don't show favoritism  
 Don't lose your composure

# Adult Curriculum for Two Black Stripes

## *(First Kyu)*

### Hand Techniques

Bearhand strike:  
 Horizontal / vertical  
 Bearhand knuckle strike:  
 Horizontal / vertical  
 Thumb strike  
 Thumb knuckle strike  
 Forefinger knuckle strike  
 Middle knuckle strike  
 One-finger strike  
 Two-finger strike

### Blocking Techniques

Funnel block

### Leg Techniques

Jump spinning reverse crescent kick  
 Butterfly kicks:  
 Reverse crescent / crescent  
 standing / ground  
 Reverse crescent / roundhouse  
 standing / ground  
 Flying double kicks:  
 Front / heel  
 Serpent kick: standing / ground

### Kata and Applications

Chinte (Beautiful Hands)  
 Formatted applications

### Blocks and Punches

All blocks and counter attacks  
 in inward stance (see page 6.5)

### Escaping and Throwing Techniques

Crossed arm lock  
 (juji nage/ude garami)  
 One arm shoulder throw  
 (ippon seio nage)  
 Seated arm lock (juji gatame)  
 Arm-lock (ude gatame)  
 Knee arm lock (hiza gatame)

### Weapons

Bo 2 and applications  
 Basic knife defense principles

### Sparring and Self Defense

Free sparring:  
 Three-two minute rounds  
 Advanced foot sweeps

### Board Breaking

For requirements (see page 10.1)

### Stamina

Pushups: (maximum)  
 15/15 one arm  
 20 fingertip  
 20 knuckle  
 20 palm

### Public Speaking

Three minutes in class

### Leadership and Philosophy

Assistant teaching experience is  
 four months as a one black stripe.

### Twelve “Tions” for Teaching

Communication  
 Simplification  
 Explanation  
 Demonstration  
 Repetition  
 Correction  
 Creation  
 Interrelation  
 Reflection  
 Motivation  
 Evaluation  
 Dedication

### Five Trues for Love of Life

True friendship  
 True love  
 True happiness  
 True peace  
 True freedom



# Adult Curriculum for Black Belt

## Hand Techniques

Scissors punch  
Inner forearm strike  
Outer forearm strike

## Blocking Techniques

Punching blocks:  
Inside / outside (three levels)

## Leg Techniques

Flying double kicks:  
Crescent/wheel

## Katas and Applications

Taikyoku to Chinte  
Formatted applications  
Fighting Form (*non-aerial kata permitted for a medical problem or disability*).

## Blocks and Punches

All blocks and counter attacks  
(see page 6.5)

## Technique Demonstration

20-30 techniques: (equal distribution of empty hand, bo, tambo, knife)

## Weapons

Bo 3  
Tambo 3  
Formatted applications

## Sparring and Self Defense

Catch and pop  
Trap and twist  
Free sparring:  
Three-two minute rounds

## Board Breaking

For requirements (see page 10.1)

## Stamina: (maximum)

Pushups: 15/15 one arm  
20 fingertip  
20 knuckle  
20 palm

## Public Speaking

Three minutes in class

## Written Exam

Code of Ethics  
History of Cuong Nhu  
Philosophy of Cuong Nhu  
Martial Arts History

## Written Paper

Brief bio, growth in Cuong Nhu, reflections of past, present and future. Two pages typed.

**Submit Black Belt File Form with CNOMAA, Inc. Test instructions and forms are on the Cuong Nhu web: [www.cuongnhu.com](http://www.cuongnhu.com) in the My Site area.**

## Leadership and Philosophy

Assistant teaching experience:  
four months as a two black stripe.

Attend two regional seminars  
(within 1 year of test)

## 5 Fears of Achievement

Hard work  
Failure  
Intimidation or pressure  
Associating with people  
Death

## Five “Tions” of Leadership

Communication  
Education  
Application / action  
Delegation  
Production

## Five Togethers at Annual Training

Physically we train together  
Socially we eat and live together  
Intellectually we think together  
Spiritually we learn, share and grow together.  
Enjoy togetherness and harmony

