

Children's Curriculum

One Yellow Stripe (one month minimum)

Stances

Natural stance
Attention stance
Rectangular stance
Kicking stance
Forward stance
Drop (serpent) stance

Hand Techniques

Horizontal punch
Lunge punch
Reverse punch
Inner horizontal chop

Blocking Techniques

Lower block

Leg Techniques

Upward knee kick
Front snap kick

Footwork

Reverse
Moving in forward stance:
Forward
Backward

Escaping Techniques

Defense against choke:
Ducking out

Verbal Defense and Safety

Stamina and Strength

Single punches: 25
Three punches three levels: 25
Lunges: 25 with punches
Lunges: 25 with inner chops
Pushups: 5 palm

Two Yellow Stripes (one month minimum)

Hand Techniques

Vertical chop

Blocking Techniques

Inner middle block
Rising block

Leg Techniques

Roundhouse knee kick

Escaping Techniques

Learn all attacks:

1. one hand grabs wrist - same side
2. one hand grabs wrist - opposite side
3. two hands grab wrist
4. both hands grab both wrists - front
5. both hands grab both wrists - behind
6. bear hug - behind
7. one hand grabs shoulder - front
8. both hands grab both shoulders - front
9. choke

Step to the dead side

Defense against choke:
Windmill escape

Verbal Defense and Safety

Stamina and Strength

Single punches: 30
Three punches three levels: 30
Lunges: 30 with punches
Lunges: 30 with inner chops
Pushups: 8 palm

Children's Curriculum

Yellow Belt (one month minimum)

Hand Techniques

Double vertical chop

Blocking Techniques

Double rising block

Leg Techniques

Roundhouse kick

Footwork

Directional movement:
90°, 180°, and 270° turns

Blocks and Punches

Left, right, right, left:
Lower block to one arm

Katas and Applications

Kata 1 (taikyoku)

Escaping Techniques

Thumb escape:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
Defense against choke: double rising block

Verbal Defense and Safety

Stamina and Strength

Single punches: 30
Three punches three levels: 30
Lunges: 30 with punches
Lunges: 30 with inner chops
Pushups: 10 palm

One Purple Stripe (one month minimum)

Hand Techniques

Double punch (same level)
High / low double punch
Outer horizontal chop

Blocking Techniques

Double inner middle block

Blocks and Punches

Left, right, right, left:
lower block
middle block
rising block

Katas and Applications

Kata 1 (taikyoku)
Kata 3
Kata 4

Escaping Techniques

Thumb escape:
two hands grab one wrist
both hands grab both wrists - front

Verbal Defense and Safety

Stamina and Strength

Single punches: 35
Three punches three levels: 35
Lunges: 30 with punches
Lunges: 30 with inner chops
Lunges: 30 with outer chops
Pushups: 12 palm

Children's Curriculum

Two Purple Stripes

(one month minimum)

Stances

Cat stance
Side stance

Hand Techniques

Vertical punch
Vertical backfist
Horizontal backfist

Blocking Techniques

Outer block

Leg Techniques

Front thrust kick
Low back stamping kick

Footwork

Moving in cat stance:
Forward
Backward
Moving in side stance:
Stepping in front
Turning behind

Blocks and Punches

Up to outer block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4

Escaping Techniques

Thumb escape:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
Two hands grab one wrist
Both hands grab both wrists - front
Both hands grab both wrists - behind

Verbal Defense and Safety

Stamina and Strength

Single punches: 40
Three punches, three levels: 35
Lunges: 35 with punches
Lunges: 35 with inner chops
Lunges: 35 with outer chops
Pushups: 15 palm

Children's Curriculum

Purple Belt

(one month minimum)

Stances

Back stance
Diagonal stance

Blocking Techniques

Knifehand block

Leg Techniques

Jumping and flying knee kick
Jumping and flying double knee kick

Footwork

Moving in diagonal stance:
Forward
Backward
Moving in back stance:
Forward
Backward
Jumping in forward stance

Blocks and Punches

Up to knifehand block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata

Escaping Techniques

Thumb escape

Sparring and Self Defense

Five step prearranged sparring

Verbal Defense and Safety

Stamina and Strength

Single punches: 45
Three punches, three levels: 35
Lunges: punches: 45
Lunges: inner chops: 45
Lunges: outer chops: 45
Pushups: 20 palm

Children's Curriculum

One Blue Stripe

(two months minimum)

Hand Techniques

Double vertical backfist

Blocking Techniques

Reinforced middle block
Lower X-block (from sides) (closed hands)
Upper X-block (closed hands)

Leg Techniques

Jump front kick
Side stamping kick

Footwork

Moving in side stance:
Crossover, foot steps in front
Crossover, foot steps behind
Shuffle
Slide
Hop

Blocks and Punches

Up to knifehand block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1

Escaping Techniques

Thumb escape
Stamping kick:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side

Dropping Techniques

Forward roll

Sparring and Self Defense

Three step prearranged sparring
O Sensei's guard
Modern guard

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 50 punches
Lunges: 50 inner chops
Lunges: 50 outer chops
Pushups: 20 palm, 5 palm

Children's Curriculum

Two Blue Stripes

(two months minimum)

Blocking Techniques

Lower X-block (open hands)
Upper X-block (open hands)
Elbow block

Leg Techniques

Side thrust kick
Back thrust kick
Flying front kick

Footwork

Check box pattern

Blocks and Punches

Up to elbow block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Kata 1, 3 and 4 in side, diagonal and back stances

Escaping Techniques

Thumb escape
Stamping kick:
Two hands grab one wrist
Both hands grab both wrists – front

Dropping Techniques

Backward roll

Sparring and Self Defense

One step prearranged sparring

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 50 punches
Lunges: 50 inner chops
Lunges: 50 outer chops
Pushups: 20 palm, 5 palm

Children's Curriculum

Blue Belt

(two months minimum)

Hand Techniques

Vertical spear hand thrust
Horizontal spear hand thrust

Blocking Techniques

Lower X-block (from ear) (closed hands)

Leg Techniques

All stamping kicks
Jump roundhouse kick:
 Forward stance - front and back leg
 Side stance - front and back leg
Jump side kick

Footwork

6 movements, 4 directions
(advancing only)

Blocks and Punches

Up to elbow block

Balance

Two roundhouse knee kicks (with leg up)
Three front kicks (same leg)

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2

Escaping Techniques

Stamping kick:
 One hand grabs one wrist - same side
 One hand grabs one wrist - opposite side
 Two hands grab one wrist
 Both hands grab both wrists - front
 Both hands grab both wrists - behind
Punch
Choke

Dropping Techniques

Forward roll – opposite side

Sparring and Self Defense

Prearranged sparring
Three vertical zones
Four horizontal zones
Sparring drills

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 25 punches
Lunges: 25 inner chops
Lunges: 100 outer chops (with low chop blocks)
Pushups: 20 palm, 12 palm

Children's Curriculum

One Green Stripe

(two months minimum)

Hand Techniques

Upward elbow strike
Backward elbow strike
Roundhouse elbow strike
Back roundhouse elbow strike

Blocking Techniques

Double forearm block
Middle / low block

Leg Techniques

Knee block
Deflecting knee block
Flying roundhouse kick
Flying side kick

Blocks and Punches

Up to middle / low block

Balance

Three roundhouse knee kicks (with leg up)
Four front kicks (same leg)

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2

Escaping Techniques

Elbow strike:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side

Dropping Techniques

Low side drop

Sparring and Self Defense

Prearranged sparring
Load and explode
Ten directions off-line
Knee block against roundhouse kick
Sparring drills

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 25 punches
Lunges: 25 inner chops
Lunges: 100 outer chops (with low chop blocks)
Pushups: 20 palm, 12 palm

Children's Curriculum

Two Green Stripes

(two months minimums)

Stances

Pigeon stance
Crescent stance

Hand Techniques

Jab
Cross
Hook

Blocking Techniques

Soft style lower block

Leg Techniques

Side snap kick
Crescent kick
Knee charge

Footwork

6 movements, 4 directions
(advancing and retreating)

Blocks and Punches

Up to *soft* style lower block

Balance

Two roundhouse kicks (with leg up)
Front kick, side kick (same leg)

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3

Escaping Techniques

Elbow strikes:
Two hands grab one wrist
Both hands grab both wrists - front

Dropping Techniques

Side drop

Sparring and Self Defense

Prearranged sparring
Centerline principle
Zone offense/defense
Knee charge with punches
Sparring drills

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 25 punches
Lunges: 25 inner chops
Lunges: 100 outer chops (with low chop blocks)
Pushups: 20 palm, 15 palm

Children and Teens Curriculum

Green Belt

Hand Techniques

Outer diagonal chop
Uppercut punch
Close punch
Palm heel strikes: (three levels)

Blocking Techniques

Soft style middle block
Soft style rising block
Soft style outer block (monkey block)

Leg Techniques

Horse kick
Shin blocks:
 Deflecting to the side
 Deflecting upward

Footwork

Moving in side stance:
 slide-hop

Blocks and Punches

Up to *soft* style outer block

Balance

Three roundhouse kicks (with leg up)
Front kick, side kick, roundhouse kick (same leg)

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3

Escaping Techniques

Elbow strikes:
 One hand grabs one wrist - same side
 One hand grabs one wrist - opposite side
 Two hands grab one wrist
 Both hands grab both wrists - front
 Both hands grab both wrists - behind
Choke

Dropping Techniques

Forward roll into side drop
Front tumble

Sparring and Self Defense

Prearranged sparring
Shin block against kicks
Crescent kick to high guard
Sparring drills

Verbal Defense and Safety

Written Exam or Project

On code of ethics and/or Cuong Nhu history

Stamina and Strength

Lunges: 100 outer chops (with low chop blocks)
Lunges: 100 diagonal chops (with low chop blocks)
Boxing sequence: (20 each side)
 Jab, cross, hook, uppercut
Pushups: 20 palm, 15 palm

Children and Teens Curriculum

One Brown Stripe

Stances

X-stance
T-stance
L-stance
Inward stance

Hand Techniques

Forward elbow strike
Side elbow strike
Roundhouse punch

Blocking Techniques

Soft style knifehand block (crane block)
Soft style elbow block
Palm heel blocks: (three levels)

Leg Techniques

Heel kick

Footwork

Tenkan movement

Blocks and Punches

Up to *soft* style knifehand block

Balance

Four roundhouse kicks (with leg up)
Front kick, side kick, roundhouse kick,
back kick (same leg)

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3

Escaping Techniques

Pressing arm (ude osae) (aikido style):
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side

Dropping Techniques

Front drop

Sparring and Self Defense

Prearranged sparring
Control drills: Backfist and punch to target
Sparring drills
Free sparring in class

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 50
Lunges: 25 punches
Or boxing sequence: (25 each side)
Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 150 diagonal chops (with low chop blocks)
Pushups: 25 palm, 15 palm

Children and Teens Curriculum

Two Brown Stripes

Hand Techniques

Outer ridgehand strike
Inner ridgehand strike

Blocking Techniques

Wedge block
Arrow block
Backhand block
Sliding blocks: (three levels)
Inner shovel block
Outer shovel block

Leg Techniques

Footsweeps:
 With arch of foot
 Hooking with heel
 With instep
Slide roundhouse kick
Slide side kick
Retreating jump side kick

Footwork

Irimi movement

Blocks and Punches

Up to *soft* style knifehand block
Add counterattacks

Balance

Slow motion side kick, roundhouse kick, heel kick,
(all to the front)

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4

Escaping Techniques

Pressing arm (ude osae) (aikido style):
 Two hands grab one wrist
 Both hands grab both wrists - front

Dropping Techniques

Breakfall

Sparring and Self Defense

Prearranged sparring
Using centerline principle with sliding
 blocks and simultaneous counters
Footsweeps and follow up
Control: Roundhouse and side kicks to target
Sparring drills
Free sparring in class

Weapons

Tambo (left and right hand):
 Three basic grips:
 Am (yin) (reverse grip)
 Duong (yang) (natural grip)
 Trung (middle grip)
 Six blocks: Duong (yang) (natural grip)
 Six guarding positions
 14 basic strikes: Duong (yang) (natural grip)

Verbal Defense and Safety

Public Speaking in Class

Stamina and Strength

Single punches: 50
Three punches, three levels: 50
Lunges: 25 punches
 Or boxing sequence: (30 each side)
 Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 150 diagonal chops (with low chop blocks)
Pushups: 25 palm, 15 palm, 5 palm

Children and Teens Curriculum

Three Brown Stripes

Hand Techniques

Middle hook punch
Inner hammer fist strike:
 With top of fist
 With bottom of fist
Outer hammer fist strike:
 With top of fist
 with bottom of fist

Blocking Techniques

Downward forearm block
Sweeping blocks: (three levels)

Leg Techniques

Flying double front kick

Footwork

Z-letter movement
U-letter movement

Blocks and Punches

Up to sweeping blocks

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Tension kata (fast – no tension)

Escaping Techniques

Pressing arm (ude osae) (aikido style):
 One hand grabs one wrist - same side
 One hand grabs one wrist - opposite side
 Two hands grab one wrist
 Both hands grab both wrists - front
 Both hands grab both wrists - behind
Choke

Dropping Techniques

Backfall

Sparring and Self Defense

Prearranged sparring
Split the water buffalo
Dynamic blind spot
Control: Back and heel kicks to target
Sparring drills
Free sparring in class

Weapons

Tambo (left and right hand):
 Five guarding positions: Am (yin) (reverse grip)
 Six blocks: Am (yin) (reverse grip)
 14 Basic strikes: Am (yin) (reverse grip)
Disarms: tambo vs tambo
Louie Tatáta's single tambo drill
 (See Single Tambo Manual Vol. 2)

Verbal Defense and Safety

Public Speaking in Class

Stamina and Strength

Single punches: 50
Three punches, three levels: 50
Lunges: 25 punches
 Or boxing sequence: (35 each side)
 Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 200 diagonal chops (with low chop blocks)
Pushups: 25 palm, 5/5 one arm

Children and Teens Curriculum

Four Brown Stripes

Stances

Parallel stance
Forward parallel stance

Hand Techniques

U-punch

Blocking Techniques

Soft style middle-low block
Bottom fist block

Leg Techniques

Wheel kick
Front spinning sweep (serpent stance)
Back spinning sweep (serpent stance)
Double low spinning sweeps
Front drop kick

Blocks and Punches

Up to *soft* style middle-low block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Tension kata (slow – no tension)

Throwing Techniques

Over the neck throws (koku nage / irimi nage)
(yin / yang):
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
Two hands grab one wrist
Both hands grab both wrists - front
Both hands grab both wrists - behind

Sparring and Self Defense

Prearranged sparring

Weapons

Bo:
Basic strikes
Basic blocks
Figure 8's (forward and reverse)

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 50
Lunges: 25 punches
Or boxing sequence: (35 each side)
Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 200 diagonal chops (with low chop blocks)
Pushups: 25 palm, 7/7 one arm

Children and Teens Curriculum

Brown Belt

Hand Techniques

Tiger mouth strike
Rising punch

Blocking Techniques

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

Leg Techniques

Reverse crescent kick
Axe kick
Flying double kicks:
 Front/roundhouse

Blocks and Punches

Up to inner outer block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Jutte
Tension kata (with tension)
Formatted applications for

Throwing Techniques

Unbalancing: eight directions (kuzushi)
Ogoshi (hip roll)
Osoto gari (big outside clip)

Weapons

Tambo 1 and applications
Basic tambo drills

Board Breaking

One direction

Sparring and Self Defense

Rhythm
Free sparring:
 Three two minute rounds

Verbal Defense and Safety

Written Paper or Project

Written Exam

Stamina and Strength

Single punches: 50
Three punches, three levels: 50
Lunges: 25 punches
 Or boxing sequence: (40 each side)
 Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 225 diagonal chops (with low chop blocks)
Pushups: 25 palm, 10 palm, 7/7 one arm

Children and Teens Curriculum

One Black Stripe

Hand Techniques

Looping punch
Bent wrist strikes:
Horizontal
Upward
Downward
Diagonal downward
Diagonal upward

Blocking Techniques

Bent wrist blocks: (three levels)
Palm push to elbow

Leg Techniques

Spinning reverse crescent kick
Inside roundhouse kick
Flying double kicks:
Front/crescent

Blocks and Punches

Up to palm push to elbow

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Jutte
Tension kata
Formatted applications for Pinan 2

Throwing Techniques

Four direction throw (shiho nage):
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
Two hands grab one wrist
Both hands grab both wrists - front
Both hands grab both wrists - behind

Dropping Techniques

Back drop

Weapons

Bo 1 and applications

Board Breaking

Two directions

Sparring and Self Defense

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

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 50
Lunges: 25 punches
Or boxing sequence: (40 each side)
Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 225 diagonal chops (with low chop blocks)
Pushups: 25 palm, 10 palm, 7/7 one arm

Children and Teens Curriculum

Two Black Stripes

Stance

Turtle stance

Hand Techniques

Palm corner strike
Forefinger knuckle strike
Middle knuckle strike

Blocking Techniques

Downward palm corner block
Sideward palm corner block

Leg Techniques

Reverse dropping kick
Jump spinning reverse crescent kick
Jump wheel kick
Flying double kicks:
 Front/side

Blocks and Punches

All blocks

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Jutte
Tension kata
Empi
Formatted applications for Pinan 4

Throwing Techniques

Crossed arm lock (juji nage / ude garami):
 Two hands grab one wrist
 Both hands grab both wrists - behind
 Both hands grab both shoulders
 One hand grabs one wrist, other hand strikes
 Choke

Weapons

Bo kata 2 and applications
Basic knife defense principles

Board Breaking

Three directions

Sparring and Self Defense

Catch and pop
Free sparring:
Three two minute rounds

Verbal Defense and Safety

Assistant Teaching

Stamina and Strength

Single punches: 50
Three punches, three levels: 65
Lunges: 25 punches
 Or boxing sequence: (45 each side)
 Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 250 diagonal chops (with low chop blocks)
Pushups: 25 palm, 10 palm, 10/10 one arm

Children and Teens Curriculum

Three Black Stripes

Hand Techniques

Bearhand strikes:

Horizontal

Vertical

Bearhand knuckle strikes:

Horizontal

Vertical

One finger strike

Two finger strike

Thumb knuckle strike

Double thumb knuckle strike

Blocking Techniques

Grasping blocks:

Palm up

Palm down

Funnel block

Leg Techniques

Serpent kick

Flying double kicks:

Front/heel

Crescent/back

Blocks and Punches

All blocks

Katas and Applications

Taikyoku to Empi

Chinte

Formatted applications for Pinan 5

Throwing Techniques

One arm shoulder throw (ipon seio nage)

Weapons

Tambo disarms: tambo vs tambo

Board Breaking

Four directions

Sparring and Self Defense

Trap and twist

Free sparring:

Three two minute rounds

Verbal Defense and Safety

Assistant Teaching

Stamina and Strength

Single punches: 50

Three punches, three levels: 75

Lunges: 25 punches

Or boxing sequence: (45 each side)

Jab, cross, hook, uppercut

Lunges: 25 outer chops (with low chop blocks)

Lunges: 250 diagonal chops (with low chop blocks)

Pushups: 25 palm, 10 palm, 10/10 one arm

Children and Teens Curriculum

Four Black Stripes

Hand Techniques

Scissors punch
Looping ridgehand

Leg Techniques

Flying double kicks:
Front/reverse crescent

Blocks and Punches

All blocks

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Jutte
Tension kata
Empi
Chinte
Fighting form (without jumps)
Formatted applications for Jutte

Throwing Techniques

Kote gaeishi (bent wrist)
Tai otoshi (body drop)
Harai goshi (hip sweep)

Weapons

Tambo 3 and applications

Board Breaking

Four directions

Sparring and Self Defense

Free Sparring:
Three two minute rounds

Verbal Defense and Safety

Assistant Teaching

Stamina and Strength

Single punches: 50
Three punches, three levels: 100
Lunges: 25 punches
Or boxing sequence: (50 each side)
Jab, cross, hook, uppercut
Lunges: 50 outer chops (with low chop blocks)
Lunges: 250 diagonal chops (with low chop blocks)
Pushups: 20 palm, 20 palm, 12/12 one arm

Children and Teens Curriculum

Black Belt

Striking Techniques

Head butt
Outer forearm strike
Inner forearm strike

Blocking Techniques

Shoulder block
Punching blocks (16)

Leg Techniques

Flying double kicks:
Crescent/wheel
Butterfly kicks:
Reverse crescent/crescent
Reverse crescent/roundhouse

Blocks and Punches

All blocks

Katas and Applications

Taikyoku to Chinte
Fighting form
Formatted applications for Empi and Chinte

Throwing Techniques

Bent wrist (kotegaeshi):
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
Two hands grab one wrist
Both hands grab both wrists - front
Both hands grab both wrists - behind
Punch
Choke

Technique Demonstration

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

Weapons

Bo Kata 3 and applications

Board Breaking

Four directions

Free Sparring

Three two minute rounds

Verbal Defense and Safety

Written Paper or Project

Written Exam

Public Speaking

Assistant Teaching

Stamina and Strength

Single punches: 50
Three punches, three levels: 100
Lunges: 25 punches
Or boxing sequence: (50 each side)
Jab, cross, hook, uppercut
Lunges: 50 outer chops (with low chop blocks)
Lunges: 250 diagonal chops (with low chop blocks)
Pushups: 25 palm, 25 palm, 15/15 one arm

Teens Curriculum

One Yellow Stripe

(one month minimum)

Stances

Natural stance
Attention stance
Rectangular stance
Kicking stance
Forward stance
Drop stance (serpent)

Hand Techniques

Horizontal punch
Lunge punch
Reverse punch
Inner horizontal chop

Blocking Techniques

Lower block

Leg Techniques

Upward knee kick
Front snap kick
Roundhouse knee kick

Footwork

Reverse
Moving in forward stance:
 Forward
 Backward
Directional movement:
 90°, 180°, and 270° turns

Blocks and Punches

Left, right, right, left:
 Lower block to one arm

Escaping Techniques

Learn all attacks:
 1. one hand grabs wrist - same side
 2. one hand grabs wrist - opposite side
 3. two hands grab wrist
 4. both hands grab both wrists - front
 5. both hands grab both wrists - behind
 6. bear hug - behind
 7. one hand grabs shoulder - front
 8. both hands grab both shoulders - front
 9. choke

Step to the dead side

Defense against choke:
 Ducking out
 Windmill escape

Verbal Defense and Safety

Stamina and Strength

Single punches: 30
Three punches three levels: 30
Lunges: 30 with punches
Lunges: 30 with inner chops
Pushups: 8 palm

Teens Curriculum

Yellow Belt

(one month minimum)

Hand Techniques

Vertical chop
Double vertical chop

Blocking Techniques

Inner middle block
Rising block
Double rising block

Leg Techniques

Roundhouse kick

Balance

Two roundhouse knee kicks (with leg up)
Three front kicks (same leg)

Blocks and Punches

Left, right, right, left:
(to one arm)
Lower block
Inner middle block
Rising block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4

Escaping Techniques

Thumb escape:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
Two hands grab one wrist
Both hands grab both wrists - front
Both hands grab both wrists - behind

Defense against choke:
Double rising block

Verbal Defense and Safety

Stamina and Strength

Single punches: 30
Three punches three levels: 30
Lunges: 30 with punches
Lunges: 30 with inner chops
Pushups: 10 palm

Teens Curriculum

One Purple Stripe

(one month minimum)

Stances

Cat stance
Side stance

Hand Techniques

Double punch (same level)
High-low double punch
Vertical punch
Vertical backfist
Horizontal backfist
Outer horizontal chop

Blocking Techniques

Double inner middle block
Outer block

Leg Techniques

Front thrust kick
Low back stamping kick

Footwork

Moving in cat stance:
Forward
Backward
Moving in side stance:
Stepping in front
Turning behind

Balance

Three roundhouse knee kicks (with leg up)
Four front kicks (same leg)

Blocks and Punches

Up to outer block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4

Escaping Techniques

Thumb escape

Verbal Defense and Safety

Stamina and Strength

Single punches: 40
Three punches, three levels: 35
Lunges: 35 with punches
Lunges: 35 with inner chops
Lunges: 35 with outer chops
Pushups: 15 palm

Teens Curriculum

Purple Belt

(one month minimum)

Stances

Back stance
Diagonal stance

Blocking Techniques

Knifehand block

Leg Techniques

Jumping and flying knee kick
Jumping and flying double knee kick

Footwork

Moving in diagonal stance:
Forward
Backward
Moving in back stance:
Forward
Backward
Jumping in forward stance

Balance

Two roundhouse kicks (with leg up)

Blocks and Punches

Up to knifehand block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata

Escaping Techniques

Thumb escape

Sparring and Self Defense

Five step prearranged sparring

Verbal Defense and Safety

Stamina and Strength

Single punches: 45
Three punches, three levels: 35
Lunges: punches: 45
Lunges: inner chops: 45
Lunges: outer chops: 45
Pushups: 20 palm

Teens Curriculum

One Blue Stripe

(one month minimum)

Hand Techniques

Double vertical backfist

Blocking Techniques

Reinforced middle block
Lower X-block (from sides) (closed hands)
Lower X-block (open hands)
Upper X-block (closed hands)
Upper X-block (open hands)

Leg Techniques

Side stamping kick
Side thrust kick
Back thrust kick
Jump front kick
Flying front kick

Footwork

Moving in side stance:
Crossover, foot steps in front
Crossover, foot steps behind
Shuffle
Slide
Hop

Check box pattern

Balance

Three roundhouse kicks (with leg up)

Blocks and Punches

Up to knifehand block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1

Escaping Techniques

Thumb escape
Stamping kick:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
Two hands grab one wrist
Both hands grab both wrists – front

Dropping Techniques

Forward roll
Backward roll

Sparring and Self Defense

Three step prearranged sparring
O Sensei's guard
Modern guard

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 50 punches
Lunges: 50 inner chops
Lunges: 50 outer chops
Pushups: 20 palm, 5 palm

Teens Curriculum

Blue Belt

(one month minimum)

Hand Techniques

Vertical spear hand thrust
Horizontal spear hand thrust

Blocking Techniques

Lower X-block (from ear) (closed fist)
Elbow block

Leg Techniques

All stamping kicks
Jump roundhouse kick:
 Forward stance - front and back leg
 Side stance - front and back leg
Jump side kick

Footwork

6 movements, 4 directions
(advancing only)

Blocks and Punches

Up to elbow block

Balance

Three roundhouse kicks (with leg up)
Front kick, side kick (same leg)

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2

Escaping Techniques

Stamping kick:
 One hand grabs one wrist - same side
 One hand grabs one wrist - opposite side
 Two hands grab one wrist
 Both hands grab both wrists - front
 Both hands grab both wrists - behind
Punch
Choke

Dropping Techniques

Forward roll – opposite side
Low side drop

Sparring and Self Defense

One step prearranged sparring
Three vertical zones
Four horizontal zones
Sparring drills

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 25 punches
Lunges: 25 inner chops
Lunges: 100 outer chops (with low chop blocks)
Pushups: 20 palm, 12 palm

Teens Curriculum

One Green Stripe

(two months minimum)

Stance

Pigeon stance
Crescent stance

Hand Techniques

Upward elbow strike
Backward elbow strike
Roundhouse elbow strike
Back roundhouse elbow strike
Jab
Cross
Hook

Blocking Techniques

Double forearm block
Middle-low block

Leg Techniques

Knee block
Deflecting knee block
Knee charge
Crescent kick
Side snap kick
Flying roundhouse kick
Flying side kick

Footwork

6 movements, 4 directions
(advancing and retreating)

Blocks and Punches

Up to middle-low block

Balance

Three roundhouse kicks (with leg up)
Front kick, side kick, roundhouse kick (same leg)

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2

Escaping Techniques

Elbow strike:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
Two hands grab one wrist
Both hands grab both wrists – front

Dropping Techniques

Side drop

Sparring and Self Defense

Prearranged sparring
Load and explode
Ten directions off-line
Centerline principle
Zone offense/defense
Knee block against roundhouse kick
Knee charge with punches
Sparring drills

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 25 punches
Lunges: 25 inner chops
Lunges: 100 outer chops (with low chop blocks)
Pushups: 20 palm, 15 palm