

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 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