

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)