

# 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