

# Children 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 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 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