

Children 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 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 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 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