

Children and Teens Curriculum

Black Belt

Striking Techniques

Head butt
Outer forearm strike
Inner forearm strike

Blocking Techniques

Shoulder block
Punching blocks (16)

Leg Techniques

Flying double kicks:
Crescent/wheel
Butterfly kicks:
Reverse crescent/crescent
Reverse crescent/roundhouse

Blocks and Punches

All blocks

Katas and Applications

Taikyoku to Chinte
Fighting form
Formatted applications for Empi and Chinte

Throwing Techniques

Bent wrist (kotegaeshi):
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

Technique Demonstration

20 – 30 techniques: (equal distribution of empty hand, bo, tambo, knife)

Weapons

Bo Kata 3 and applications

Board Breaking

Four directions

Free Sparring

Three two minute rounds

Verbal Defense and Safety

Written Paper or Project

Written Exam

Public Speaking

Assistant Teaching

Stamina and Strength

Single punches: 50
Three punches, three levels: 100
Lunges: 25 punches
Or boxing sequence: (50 each side)
Jab, cross, hook, uppercut
Lunges: 50 outer chops (with low chop blocks)
Lunges: 250 diagonal chops (with low chop blocks)
Pushups: 25 palm, 25 palm, 15/15 one arm