

Children and Teens Curriculum

Brown Belt

Hand Techniques

Tiger mouth strike
Rising punch

Blocking Techniques

Pressing block
Circular chop block
Inner outer block:
 Palm up
 Palm down

Leg Techniques

Reverse crescent kick
Axe kick
Flying double kicks:
 Front/roundhouse

Blocks and Punches

Up to inner outer block

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Jutte
Tension kata (with tension)
Formatted applications for

Throwing Techniques

Unbalancing: eight directions (kuzushi)
Ogoshi (hip roll)
Osoto gari (big outside clip)

Weapons

Tambo 1 and applications
Basic tambo drills

Board Breaking

One direction

Sparring and Self Defense

Rhythm
Free sparring:
 Three two minute rounds

Verbal Defense and Safety

Written Paper or Project

Written Exam

Stamina and Strength

Single punches: 50
Three punches, three levels: 50
Lunges: 25 punches
 Or boxing sequence: (40 each side)
 Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 225 diagonal chops (with low chop blocks)
Pushups: 25 palm, 10 palm, 7/7 one arm

Children and Teens Curriculum

One Black Stripe

Hand Techniques

Looping punch
Bent wrist strikes:
Horizontal
Upward
Downward
Diagonal downward
Diagonal upward

Blocking Techniques

Bent wrist blocks: (three levels)
Palm push to elbow

Leg Techniques

Spinning reverse crescent kick
Inside roundhouse kick
Flying double kicks:
Front/crescent

Blocks and Punches

Up to palm push to elbow

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Jutte
Tension kata
Formatted applications for Pinan 2

Throwing Techniques

Four direction throw (shiho nage):
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

Dropping Techniques

Back drop

Weapons

Bo 1 and applications

Board Breaking

Two directions

Sparring and Self Defense

Jamming concepts:
Body, joints, legs
Free sparring:
Three two minute rounds

Verbal Defense and Safety

Stamina and Strength

Single punches: 50
Three punches, three levels: 50
Lunges: 25 punches
Or boxing sequence: (40 each side)
Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 225 diagonal chops (with low chop blocks)
Pushups: 25 palm, 10 palm, 7/7 one arm

Children and Teens Curriculum

Two Black Stripes

Stance

Turtle stance

Hand Techniques

Palm corner strike
Forefinger knuckle strike
Middle knuckle strike

Blocking Techniques

Downward palm corner block
Sideward palm corner block

Leg Techniques

Reverse dropping kick
Jump spinning reverse crescent kick
Jump wheel kick
Flying double kicks:
 Front/side

Blocks and Punches

All blocks

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Jutte
Tension kata
Empi
Formatted applications for Pinan 4

Throwing Techniques

Crossed arm lock (juji nage / ude garami):
 Two hands grab one wrist
 Both hands grab both wrists - behind
 Both hands grab both shoulders
 One hand grabs one wrist, other hand strikes
 Choke

Weapons

Bo kata 2 and applications
Basic knife defense principles

Board Breaking

Three directions

Sparring and Self Defense

Catch and pop
Free sparring:
Three two minute rounds

Verbal Defense and Safety

Assistant Teaching

Stamina and Strength

Single punches: 50
Three punches, three levels: 65
Lunges: 25 punches
 Or boxing sequence: (45 each side)
 Jab, cross, hook, uppercut
Lunges: 25 outer chops (with low chop blocks)
Lunges: 250 diagonal chops (with low chop blocks)
Pushups: 25 palm, 10 palm, 10/10 one arm

Children and Teens Curriculum

Three Black Stripes

Hand Techniques

Bearhand strikes:

- Horizontal
- Vertical

Bearhand knuckle strikes:

- Horizontal
- Vertical

One finger strike

Two finger strike

Thumb knuckle strike

Double thumb knuckle strike

Blocking Techniques

Grasping blocks:

- Palm up
- Palm down

Funnel block

Leg Techniques

Serpent kick

Flying double kicks:

- Front/heel
- Crescent/back

Blocks and Punches

All blocks

Katas and Applications

Taikyoku to Empi

Chinte

Formatted applications for Pinan 5

Throwing Techniques

One arm shoulder throw (ipon seio nage)

Weapons

Tambo disarms: tambo vs tambo

Board Breaking

Four directions

Sparring and Self Defense

Trap and twist

Free sparring:

Three two minute rounds

Verbal Defense and Safety

Assistant Teaching

Stamina and Strength

Single punches: 50

Three punches, three levels: 75

Lunges: 25 punches

Or boxing sequence: (45 each side)

Jab, cross, hook, uppercut

Lunges: 25 outer chops (with low chop blocks)

Lunges: 250 diagonal chops (with low chop blocks)

Pushups: 25 palm, 10 palm, 10/10 one arm

Children and Teens Curriculum

Four Black Stripes

Hand Techniques

Scissors punch
Looping ridgehand

Leg Techniques

Flying double kicks:
Front/reverse crescent

Blocks and Punches

All blocks

Katas and Applications

Kata 1 (taikyoku)
Kata 2
Kata 3
Kata 4
Modified kata
Pinan 1
Pinan 2
Pinan 3
Pinan 4
Pinan 5
Jutte
Tension kata
Empi
Chinte
Fighting form (without jumps)
Formatted applications for Jutte

Throwing Techniques

Kote gaeishi (bent wrist)
Tai otoshi (body drop)
Harai goshi (hip sweep)

Weapons

Tambo 3 and applications

Board Breaking

Four directions

Sparring and Self Defense

Free Sparring:
Three two minute rounds

Verbal Defense and Safety

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: 20 palm, 20 palm, 12/12 one arm