

# Children and Teens Curriculum

## Green Belt

### Hand Techniques

Outer diagonal chop  
Uppercut punch  
Close punch  
Palm heel strikes: (three levels)

### Blocking Techniques

*Soft* style middle block  
*Soft* style rising block  
*Soft* style outer block (monkey block)

### Leg Techniques

Horse kick  
Shin blocks:  
    Deflecting to the side  
    Deflecting upward

### Footwork

Moving in side stance:  
    slide-hop

### Blocks and Punches

Up to *soft* style outer block

### Balance

Three roundhouse kicks (with leg up)  
Front kick, side kick, roundhouse 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:  
    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  
Choke

### Dropping Techniques

Forward roll into side drop  
Front tumble

### Sparring and Self Defense

Prearranged sparring  
Shin block against kicks  
Crescent kick to high guard  
Sparring drills

### Verbal Defense and Safety

### Written Exam or Project

On code of ethics and/or Cuong Nhu history

### Stamina and Strength

Lunges: 100 outer chops (with low chop blocks)  
Lunges: 100 diagonal chops (with low chop blocks)  
Boxing sequence: (20 each side)  
    Jab, cross, hook, uppercut  
Pushups: 20 palm, 15 palm

# Children and Teens Curriculum

## One Brown Stripe

### Stances

X-stance  
T-stance  
L-stance  
Inward stance

### Hand Techniques

Forward elbow strike  
Side elbow strike  
Roundhouse punch

### Blocking Techniques

*Soft* style knifehand block (crane block)  
*Soft* style elbow block  
Palm heel blocks: (three levels)

### Leg Techniques

Heel kick

### Footwork

Tenkan movement

### Blocks and Punches

Up to *soft* style knifehand block

### Balance

Four roundhouse kicks (with leg up)  
Front kick, side kick, roundhouse kick,  
back 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

Pressing arm (ude osae) (aikido style):  
One hand grabs one wrist - same side  
One hand grabs one wrist - opposite side

### Dropping Techniques

Front drop

### Sparring and Self Defense

Prearranged sparring  
Control drills: Backfist and punch to target  
Sparring drills  
Free sparring in class

### Verbal Defense and Safety

### Stamina and Strength

Single punches: 50  
Three punches, three levels: 50  
Lunges: 25 punches  
Or boxing sequence: (25 each side)  
Jab, cross, hook, uppercut  
Lunges: 25 outer chops (with low chop blocks)  
Lunges: 150 diagonal chops (with low chop blocks)  
Pushups: 25 palm, 15 palm

# Children and Teens Curriculum

## Two Brown Stripes

### Hand Techniques

Outer ridgehand strike  
Inner ridgehand strike

### Blocking Techniques

Wedge block  
Arrow block  
Backhand block  
Sliding blocks: (three levels)  
Inner shovel block  
Outer shovel block

### Leg Techniques

Footsweeps:  
    With arch of foot  
    Hooking with heel  
    With instep  
Slide roundhouse kick  
Slide side kick  
Retreating jump side kick

### Footwork

Irimi movement

### Blocks and Punches

Up to *soft* style knifehand block  
Add counterattacks

### Balance

Slow motion side kick, roundhouse kick, heel kick,  
(all to the front)

### Katas and Applications

Kata 1 (taikyoku)  
Kata 2  
Kata 3  
Kata 4  
Modified kata  
Pinan 1  
Pinan 2  
Pinan 3  
Pinan 4

### Escaping Techniques

Pressing arm (ude osae) (aikido style):  
    Two hands grab one wrist  
    Both hands grab both wrists - front

### Dropping Techniques

Breakfall

### Sparring and Self Defense

Prearranged sparring  
Using centerline principle with sliding  
    blocks and simultaneous counters  
Footsweeps and follow up  
Control: Roundhouse and side kicks to target  
Sparring drills  
Free sparring in class

### Weapons

Tambo (left and right hand):  
    Three basic grips:  
        Am (yin) (reverse grip)  
        Duong (yang) (natural grip)  
        Trung (middle grip)  
Six blocks: Duong (yang) (natural grip)  
Six guarding positions  
14 basic strikes: Duong (yang) (natural grip)

### Verbal Defense and Safety

### Public Speaking in Class

### Stamina and Strength

Single punches: 50  
Three punches, three levels: 50  
Lunges: 25 punches  
    Or boxing sequence: (30 each side)  
        Jab, cross, hook, uppercut  
Lunges: 25 outer chops (with low chop blocks)  
Lunges: 15 diagonal chops (with low chop blocks)  
Pushups: 25 palm, 15 palm, 5 palm

# Children and Teens Curriculum

## Three Brown Stripes

### Hand Techniques

Middle hook punch  
 Inner hammer fist strike:  
   With top of fist  
   With bottom of fist  
 Outer hammer fist strike:  
   With top of fist  
   with bottom of fist

### Blocking Techniques

Downward forearm block  
 Sweeping blocks: (three levels)

### Leg Techniques

Flying double front kick

### Footwork

Z-letter movement  
 U-letter movement

### Blocks and Punches

Up to sweeping blocks

### Katas and Applications

Kata 1 (taikyoku)  
 Kata 2  
 Kata 3  
 Kata 4  
 Modified kata  
 Pinan 1  
 Pinan 2  
 Pinan 3  
 Pinan 4  
 Tension kata (fast – no tension)

### Escaping Techniques

Pressing arm (ude osae) (aikido style):  
   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  
 Choke

### Dropping Techniques

Backfall

### Sparring and Self Defense

Prearranged sparring  
 Split the water buffalo  
 Dynamic blind spot  
 Control: Back and heel kicks to target  
 Sparring drills  
 Free sparring in class

### Weapons

Tambo (left and right hand):  
   Five guarding positions: Am (yin) (reverse grip)  
   Six blocks: Am (yin) (reverse grip)  
   14 Basic strikes: Am (yin) (reverse grip)  
   Disarms: tambo vs tambo  
   Louie Tatáta's single tambo drill  
   (See Single Tambo Manual Vol. 2)

### Verbal Defense and Safety

### Public Speaking in Class

### Stamina and Strength

Single punches: 50  
 Three punches, three levels: 50  
 Lunges: 25 punches  
   Or boxing sequence: (35 each side)  
   Jab, cross, hook, uppercut  
 Lunges: 25 outer chops (with low chop blocks)  
 Lunges: 200 diagonal chops (with low chop blocks)  
 Pushups: 25 palm, 5/5 one arm

# Children and Teens Curriculum

## Four Brown Stripes

### Stances

Parallel stance  
Forward parallel stance

### Hand Techniques

U-punch

### Blocking Techniques

*Soft* style middle-low block  
Bottom fist block

### Leg Techniques

Wheel kick  
Front spinning sweep (serpent stance)  
Back spinning sweep (serpent stance)  
Double low spinning sweeps  
Front drop kick

### Blocks and Punches

Up to *soft* style middle-low 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  
Tension kata (slow – no tension)

### Throwing Techniques

Over the neck throws (koku nage / irime nage)  
(yin / yang):  
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

### Sparring and Self Defense

Prearranged sparring

### Weapons

Bo:  
Basic strikes  
Basic blocks  
Figure 8's (forward and reverse)

### Verbal Defense and Safety

### Stamina and Strength

Single punches: 50  
Three punches, three levels: 50  
Lunges: 25 punches  
Or boxing sequence: (35 each side)  
Jab, cross, hook, uppercut  
Lunges: 25 outer chops (with low chop blocks)  
Lunges: 200 diagonal chops (with low chop blocks)  
Pushups: 25 palm, 7/7 one arm