

# Children Curriculum

## Yellow Belt

(one month minimum)

## One Purple Stripe

(one month minimum)

### Hand Techniques

Double vertical chop

### Blocking Techniques

Double rising block

### Leg Techniques

Roundhouse kick

### Footwork

Directional movement:  
90°, 180°, and 270° turns

### Blocks and Punches

Left, right, right, left:  
Lower block to one arm

### Katas and Applications

Kata 1 (taikyoku)

### Escaping Techniques

Thumb escape:  
One hand grabs one wrist - same side  
One hand grabs one wrist - opposite side  
Defense against choke: double rising block

### Verbal Defense and Safety

### Stamina and Strength

Single punches: 30  
Three punches three levels: 30  
Lunges: 30 with punches  
Lunges: 30 with inner chops  
Pushups: 10 palm

### Hand Techniques

Double punch (same level)  
High / low double punch  
Outer horizontal chop

### Blocking Techniques

Double inner middle block

### Blocks and Punches

Left, right, right, left:  
lower block  
middle block  
rising block

### Katas and Applications

Kata 1 (taikyoku)  
Kata 3  
Kata 4

### Escaping Techniques

Thumb escape:  
two hands grab one wrist  
both hands grab both wrists - front

### Verbal Defense and Safety

### Stamina and Strength

Single punches: 35  
Three punches three levels: 35  
Lunges: 30 with punches  
Lunges: 30 with inner chops  
Lunges: 30 with outer chops  
Pushups: 12 palm

# Children Curriculum

## Two Purple Stripes

(one month minimum)

### Stances

Cat stance  
Side stance

### Hand Techniques

Vertical punch  
Vertical backfist  
Horizontal backfist

### Blocking Techniques

Outer block

### Leg Techniques

Front thrust kick  
Low back stamping kick

### Footwork

Moving in cat stance:  
Forward  
Backward  
Moving in side stance:  
Stepping in front  
Turning behind

### Blocks and Punches

Up to outer block

### Katas and Applications

Kata 1 (taikyoku)  
Kata 2  
Kata 3  
Kata 4

### Escaping Techniques

Thumb escape:  
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

### Verbal Defense and Safety

### Stamina and Strength

Single punches: 40  
Three punches, three levels: 35  
Lunges: 35 with punches  
Lunges: 35 with inner chops  
Lunges: 35 with outer chops  
Pushups: 15 palm