

Children Curriculum

One Yellow Stripe (one month minimum)

Stances

Natural stance
Attention stance
Rectangular stance
Kicking stance
Forward stance
Drop (serpent) stance

Hand Techniques

Horizontal punch
Lunge punch
Reverse punch
Inner horizontal chop

Blocking Techniques

Lower block

Leg Techniques

Upward knee kick
Front snap kick

Footwork

Reverse
Moving in forward stance:
Forward
Backward

Escaping Techniques

Defense against choke:
Ducking out

Verbal Defense and Safety

Stamina and Strength

Single punches: 25
Three punches three levels: 25
Lunges: 25 with punches
Lunges: 25 with inner chops
Pushups: 5 palm

Two Yellow Stripes (one months minimum)

Hand Techniques

Vertical chop

Blocking Techniques

Inner middle block
Rising block

Leg Techniques

Roundhouse knee kick

Escaping Techniques

Learn all attacks:

1. one hand grabs wrist - same side
2. one hand grabs wrist - opposite side
3. two hands grab wrist
4. both hands grab both wrists - front
5. both hands grab both wrists - behind
6. bear hug - behind
7. one hand grabs shoulder - front
8. both hands grab both shoulders - front
9. choke

Step to the dead side

Defense against choke:
Windmill escape

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: 8 palm