



Dropping Techniques

- **BB** Forward roll – opposite side

New Hand Techniques

- **1s** Double vertical backfist
- **BB** Vertical spear hand thrust
- **BB** Horizontal spear hand thrust

New Leg Techniques

- **1s** Jump front kick
- **1s** Side stamping kick
- **2s** Side thrust kick
- **2s** Back thrust kick
- **2s** Flying front kick
- **BB** All stamping kicks
- **BB** Jump roundhouse kick:
Forward stance - front and back leg
Side stance - front and back leg
- **BB** Jump side kick

New Escaping Techniques

- **1s** Stamping kick:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
- **2s** Stamping kick:
Two hands grab one wrist
Both hands grab both wrists – front
- **BB** Stamping kick:
Both hands grab both wrists – behind
Punch
Choke

New Blocking Techniques

- **1s** Reinforced middle block
- **1s** Lower X-block (from sides) (closed hands)
- **1s** Upper X-block (closed hands)
- **2s** Lower X-block (open hands)
- **2s** Upper X-block (open hands)
- **2s** Elbow block
- **BB** Lower X-block (from ear) (closed hands)

New Blocks and Punches

- **1s** Up to knifehand block
- **2s** Up to elbow block
- **BB** Up to elbow block

New Footwork

- **1s** Moving in side stance:
Crossover, foot steps in front
Crossover, foot steps behind
Shuffle
Slide
Hop
- **2s** Check box pattern
- **BB** 6 movements, 4 directions (advancing only)

Kata and Applications

- **1s** Pinan 1
- **2s** Kata 1, 3 and 4 in side, diagonal and back stances
- **BB** Pinan 2

Stamina and Strength

- Single punches: 50
- Three punches, three levels: 35
- Lunges: 25 punches
- Lunges: 25 inner chops
- Lunges: 100 outer chops (with low chop blocks)
- Pushups: 20 palm, 12 palm

Verbal Defense and Safety

Sparring and Self Defense

- **1s** Three step prearranged sparring
- **1s** O Sensei guard
- **1s** Modern guard
- **2s** One step prearranged sparring
- **BB** Prearranged sparring
- **BB** Three vertical zones
- **BB** Four horizontal zones
- **BB** Sparring drills

Philosophy

- **1s** 5 P's of Achievers
- **1s** 5 D's of a Winner
- **2s** 5 Think Rights
- **2s** 5 Res's for Interrelating
- **BB** 5 F's for Learning and Teaching
- **BB** 5 Re's of Meditation

CURRICULUM REQUIRED FOR:

- 1s** - One Blue Stripe
- 2s** - Two Blue Stripes
- BB** - Blue Belt