



New Stances

- **2s** Cat Stance
- **2s** Side Stance
- **PB** Back Stance
- **PB** Diagonal Stance

New Hand Techniques

- **1s** Double punch (same level)
- **1s** High / low double punch
- **1s** Outer horizontal chop
- **2s** Vertical punch
- **2s** Vertical backfist
- **2s** Horizontal backfist

New Leg Techniques

- **2s** Front thrust kick
- **2s** Low back stamping kick
- **PB** Jumping and flying knee kick
- **PB** Jumping and flying double knee kick

New Escaping Techniques

- **1s** Thumb escape:
two hands grab one wrist
both hands grab both wrists - front
- **2s** 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
- **PB** Thumb escape:
Bear hug – behind
One hand grabs shoulder – front
Both hands grab both shoulders – front
Choke

New Blocking Techniques

- **1s** Double inner middle block
- **2s** Outer block
- **PB** Knifehand block

New Blocks and Punches

- **1s** Left, right, right, left:
Lower block
Middle Block
Rising Block
- **2s** Outer block
- **PB** Knifehand block

New Footwork

- **2s** Moving in Cat Stance (Forward/Backward)
- **2s** Moving in side stance:
Stepping in front
Turning behind
- **PB** Moving in Diagonal Stance (Forward/Backward)
- **PB** Moving in Back Stance (Forward/Backward)
- **PB** Jumping in Forward Stance

Kata and Applications

- **1s** Kata 1 (Taikyoku)
- **1s** Kata 3
- **1s** Kata 4
- **2s** Kata 2
- **PB** Modified Kata

Stamina and Strength

- Single punches: 45
- Three punches three levels: 35
- Lunges: 45 with punches
- Lunges: 45 with inner chops
- Lunges: 45 with outer chops
- Pushups: 20 palm

Verbal Defense and Safety

Philosophy

- **1s** Five A's for Self Defense
Awareness
Alertness
Avoidance
Anticipation
Action
- **2s** 5 W's for Self Defense
Wrong Time
Wrong Place
Wrong People
Wrong Attitude
Wrong Techniques
- **PB** 5 R's for Self Defense
Right Perspective
Right Time
Right Place
Right Techniques
Run
- **PB** Continue Learning Children's Code of Ethics

CURRICULUM REQUIRED FOR:

1s - One Purple Stripe
2s - Two Purple Stripes
PB - Purple Belt