



Stances

- **1s** Natural Stance
- **1s** Attention Stance
- **1s** Rectangular Stance
- **1s** Kicking Stance
- **1s** Forward Stance
- **1s** Cat Stance
- **1s** Diagonal Stance
- **2s** Serpent Stance

Hand Techniques

- **1s** Lunge Punch
- **1s** Reverse Punch
- **1s** Horizontal Punch
- **1s** Inner Chop
- **2s** Vertical Chop
- **YB** Double Vertical Chop

Blocking Techniques

- **1s** Lower Block
- **2s** Inner Middle Block
- **2s** Rising Block
- **YB** Double Rising Block

Leg Techniques

- **1s** Upward Knee Kick
- **1s** Front Snap Kick
- **2s** Roundhouse Knee Kick
- **YB** Roundhouse Kick

Escaping Techniques

- **1s** Defense against choke:
Ducking Out
- **2s** 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
- **2s** Step to the dead side
- **2s** Defense against choke:
Windmill escape
- **YB** Thumb escape:
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
- **YB** Defense against choke:
double rising block

Footwork

- **1s** Reverse
- **1s** Moving in Forward Stance (Forward/Backward)
- **YB** Directional Movements (90°, 180°, 270°)

Blocks and Punches

- **YB** Left, right, right, left:
Lower block to one arm

Kata and Applications

- **YB** Taikyoku

Dropping Techniques

- **1s** Forward Roll
- **2s** Backward Roll

Stamina and Strength

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

Verbal Defense and Safety

Philosophy

- **1s** Three O's Principal
Open Mind
Open Heart
Open Arms
- **2s** Five Firsts of Friendship
Communicate
Smile
Care
Share
Forgive
- **YB** Five Steps to Health
Think
Eat
Exercise
Rest
Perform
- **YB** Five S's for Warmups
Safety
Slowness
Self-Awareness
Stretching
Strngthening
- **YB** Begin Learning Children's Code of Ethics

CURRICULUM REQUIRED FOR:

- 1s** - One Yellow Stripe
- 2s** - Two Yellow Stripes
- YB** - Yellow Belt