

# Children Curriculum

## One Yellow Stripe (one month/ 8 classes minimum) minimum)

### Stances

[Natural stance](#)  
[Attention stance](#)  
[Rectangular stance](#)  
[Kicking stance](#)  
[Forward 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

[Moving in Forward Stance.](#) (forward and backward)

Please see important reference images below:  
(Remember: [Forward Stance](#) > [Cat Stance](#) > [Forward Stance](#))  
- Returning

### 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 month/8 classes

### Stances

[Snake stance](#)

### 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. both hands grab both wrists - front
4. two hands grab wrist
5. both hands grab both wrists - behind
6. choke
7. one hand grabs shoulder - front
8. both hands grab both shoulders - front
9. bear hug - behind

[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