

Children Curriculum

Yellow Belt

(one month/8 classes minimum)
minimum)

Hand Techniques

[Double vertical chop](#)

Blocking Techniques

[Double rising block](#)

Leg Techniques

[Roundhouse kick](#)

Footwork

[Directional movement:](#)
90°, 180°, and 270° turns

Blocks and Punches

[\(natural stance\)](#)
[Left, right, right, left:](#)
[Lower block to one arm](#)

Katas and Applications

[Kata 1\(taikyoku\)](#)

Escaping Techniques

[Thumb escape:](#)
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side
[Defense against choke: double rising block](#)

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: 10 palm

One Purple Stripe

(one month/8 classes

Hand Techniques

[Double punch \(same level\)](#)
[High / low double punch](#)
[Outer horizontal chop](#)

Blocking Techniques

[Double inner middle block](#)

Blocks and Punches

[\(rectangular stance\)](#)
[Left, right, right, left:](#)
[lower block](#)
[middle block](#)
[rising block](#)

Katas and Applications

[Kata 1\(taikyoku\)](#)
[Kata 3](#)
[Kata 4](#)

Escaping Techniques

[Thumb escape:](#)
two hands grab one wrist
both hands grab both wrists - front

Verbal Defense and Safety

Stamina and Strength

Single punches: 35
Three punches three levels: 35
Lunges: 30 with punches
Lunges: 30 with inner chops
Lunges: 30 with outer chops
Pushups: 12 palm