

# Children Curriculum

## Purple Belt

(five months/40 classes minimum)

### Stances

[Back stance](#)  
[Diagonal stance](#)

### Blocking Techniques

[Knifehand block](#)

### Leg Techniques

[Jumping](#) and flying knee kick  
[Jumping](#) and [flying](#) double knee kick

### Footwork

[Moving in diagonal stance:](#)  
  [Forward](#)  
  [Backward](#)  
[Moving in back stance:](#)  
  [Forward](#)  
  [Backward](#)  
[Jumping in forward stance](#)

### Blocks and Punches

(rectangular stance)  
Add:  
  [knifehand block](#)

### Katas and Applications

[Kata 1\(taikyoku\)](#)  
[Kata 2](#)  
[Kata 3](#)  
[Kata 4](#)  
[Kata 5: Combination kata](#)

### Escaping Techniques

[Thumb escape](#)

### Verbal Defense and Safety

### Stamina and Strength

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