

# Children Curriculum

## One Blue Stripe

(6 months/48 classes minimum)

### Hand Techniques

[Double vertical backfist](#)

### Blocking Techniques

[Reinforced middle block](#)

[Lower X-block \(from sides\) \(closed hands\)](#)

[Upper X-block \(closed hands\)](#)

### Leg Techniques

[Jump front kick](#)

[Side stamping kick](#)

### Footwork

[Moving in side stance:](#)

[Crossover, foot steps in front](#)

[Crossover](#)

[foot steps behind](#)

[Shuffle](#) , [Slide - Hop](#)

### Blocks and Punches

(rectangular stance)

[Up to knifehand block](#)

### Katas and Applications

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

[Kata 2](#)

[Kata 3](#)

[Kata 4](#)

[Kata 5: Combination kata](#)

[Pinan 1](#)

### Escaping Techniques

[Thumb escape](#)

[Stamping kick:](#)

One hand grabs one wrist - same side

One hand grabs one wrist - opposite side

### Dropping Techniques

[Low Side drop](#)

### Verbal Defense and Safety

### Stamina and Strength

Single punches: 50

Three punches, three levels: 35

Lunges: 50 punches

Lunges: 50 inner chops

Lunges: 50 outer chops

Pushups: 20 palm, 5 palm