

Children Curriculum

Two Blue Stripes

(6 months/48 classes minimum)

Blocking Techniques

[Lower X-block \(open hands\)](#)
[Upper X-block \(open hands\)](#)

Leg Techniques

[Side thrust kick](#)
[Back thrust kick](#)
[Flying front kick](#)

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:](#)
Two hands grab one wrist
Both hands grab both wrists – front

Dropping Techniques

[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