

# Children Curriculum

## Blue Belt

(6 months/48 classes minimum)

### Blocking Techniques

[Vertical spear hand thrust](#)  
[Horizontal spear hand thrust](#)

### Blocking Techniques

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

### Leg Techniques

[All stamping kicks](#)  
Jump roundhouse kick:  
[Forward stance - front and back leg](#)  
[Side stance - front and back leg](#)  
[Jump side 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](#)  
[Pinan 2](#)

### Escaping Techniques

[Stamping kick:](#)  
One hand grabs one wrist - same side  
One hand grabs one wrist - opposite side  
Two hands grab one wrist  
Both hands grab both wrists - front  
Both hands grab both wrists – behind  
Choke

### Dropping Techniques

[Forward roll](#)

### Verbal Defense and Safety

### Stamina and Strength

Single punches: 50  
Three punches, three levels: 35  
Lunges: 25 punches  
Lunges: 25 inner chops  
Lunges: 100 outer chops (with low chop blocks)  
Pushups: 20 palm, 12 palm