

Children Curriculum

Two Green Stripe

(6 months/48 classes minimum)

Hand Techniques

[Jab](#)
[Cross](#)
[Hook](#)
[Uppercut punch](#)

Blocking Techniques

[Elbow block](#)
[Middle / low block](#)

Leg Techniques

[Side snap kick](#)
[Crescent kick](#)
[Knee charge](#)

Blocks and Punches

(rectangular stance)
Add:
[Elbow block](#)
[Middle / low block](#)

Katas and Applications

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

Escaping Techniques

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

Dropping Techniques

Forward roll – opposite side

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, 15 palm