

Children Curriculum

One Green Stripe

(6 months/48 classes minimum)

Hand Techniques

Upward elbow strike
Backward elbow strike
Roundhouse elbow strike
Back roundhouse elbow strike

Leg Techniques

Flying roundhouse kick
Flying 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

[Elbow strike:](#)
One hand grabs one wrist - same side
One hand grabs one wrist - opposite side

Dropping Techniques

[Backward 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