

# Adult Curriculum for Two Brown Stripes

## (Fourth Kyu)

### Stances

[Dinh stance](#)  
[Turtle stance](#)  
[Serpent stance](#)

### Hand Techniques

Middle Hook Punch  
[U punch](#)  
Hammer strike:  
[\(w/top fist\)](#)  
[\(w/bottom fist\)](#)  
[Inner ridgehand strike](#)  
[Outer ridgehand strike](#)

### Blocking Techniques

[Sweeping blocks:](#)  
[\(high, middle, low\)](#)  
[Downward forearm block](#)  
[Bottom hammer fist block](#)  
[Soft knifehand block \(crane\)](#)  
[Soft elbow block](#)  
[Soft middle low block](#)  
[Grasping block](#)

### Leg Techniques

[Wheel kick](#)  
[Dropping kick](#)  
[Flying double front kick](#)  
[Flying side kick](#)  
[Jump side kick:](#)  
[\(stationary/advancing/retreating\)](#)  
Foot sweeps:  
[Low spinning sweeps](#)  
[Double low spinning sweeps](#)

### Kata and Applications

[Up to Pinan 4 Applications](#)

### Blocks and Punches

[\(inward stance w/counter attacks\)](#)  
[Add:](#)  
[Soft knifehand block \(crane\)](#)  
[Downward forearm block](#)  
[Sweeping block](#)

### Escaping Techniques

[Pressing arm \(ude osae\)](#)

### Dropping Techniques

Breakfall

### Weapons

[Tambo 1 with Applications](#)  
[14 Basic strikes: \(yin\) \(am\)](#)  
Middle grip  
[Disarms: tambo vs tambo](#)  
[Tambo 1 with Applications](#)

### Sparring

Free sparring in class

### Stamina

[Pushups:](#)  
[10/10 one arm](#)  
[20 fingertip](#)  
[20 palm](#)

### Public Speaking

Three minutes in class

### Leadership and Philosophy

#### Five F's for Training

Fortify your body  
Find your own way  
Fly your spirit  
Feed your soul  
Flow your ki

#### Five S's for Safe Training / Running

Sane – Sight  
Stretching  
Stamina  
Strength  
Speed

#### Ten C's for Successful Training / Running

Commitment  
Coaching  
Consistency  
Courage  
Conditioning  
Camaraderie  
Concentration  
Communication  
Competition with yourself  
Control of your body

#### Training / Running Relation to Other Sports

Focus (timing)  
Power  
Endurance  
Flexibility (conditioning)  
Perspective