

# SATORI

## MARTIAL ARTS



# TRAINING

## GUIDE



## **Welcome to Satori Dojo!**

Satori Dojo is a community based, non-profit organization that has served the Phoenixville community since 1994. At Satori Dojo, it is our mission to deliver a positive training experience that addresses the needs of the individual, helping our students grow in all aspects of their lives.

Martial arts training has many benefits, perhaps the greatest of which is making excellence a habit. By addressing the physical, mental, and spiritual needs of the individual, a strong foundation is created for exploring one's fullest potential in life.

Physically, our students set out to master a curriculum of progressively more sophisticated, and therefore more challenging, techniques. While the physical techniques give the student the tools needed for effective self-defense, with continued practice, he or she should also become more physically fit, coordinated, and dexterous.

Practicing the martial arts also develops the mind. This starts with discipline, mental control over the mind and body. Our students are encouraged to keep an open mind, and be open to learning new things. This mental stimulation keeps the mind pliable.

Spiritually, challenging martial arts training helps students develop a non-defeatist attitude. Failing is just a part of learning. By setting attainable short-term goals, and staying focused and determined, you can make it through or learn to do just about anything.

In the end, we develop ourselves, and our abilities in the martial arts, to better serve our fellow man. This is the great gift of training in the martial arts.



***“Vision without action is a dream soon forgotten.”***

***- O Sensei Ngo Dong***

## **Re-Envisioning The Dream**

Over many centuries, many different styles of martial arts have evolved around the globe, each with its own focus and methods of fighting. Some emphasize grappling, while others concentrate on striking or joint locking, and still others the use of weaponry. O Sensei Ngo Dong, the founder of Cuong Nhu, studied several of these styles and recognized early on in his career that each had strengths and weaknesses, and that no one style was superior to any other. He concluded that a well-rounded martial artist needed to be exposed to several styles of fighting, pioneering the concept three decades before the emergence of mixed martial arts.

Joe Varady joined Cuong Nhu Oriental Martial Arts in 1987, received his black belt in 1990, founded Satori Dojo in 1994, and was promoted to master (sixth degree) in 2016. A professional teacher with a Master's degree in education, Master Joe authored six manuals for the style that comprehensively explained every technique in the curriculum. After more than three decades of experience training, teaching, and listening to student feedback, Master Joe decided to update Satori Dojo's curriculum and teaching methods. He started with a common educational methodology called goal-oriented instruction.

Goal oriented instruction begins with deciding what knowledge and skills you want your students to learn and then working backwards from that goal to develop logical progressions. These are divided into easily digestible chunks that become the instruction for teaching students how to reach the goal. Master Joe started with what a Satori Dojo student should know, understand, and be able to execute by black belt.

Re-envisioning the curriculum was not a task that Master Joe took lightly. It was very important to him to stay true to the original mission of Cuong Nhu. Students needed enough knowledge about each of the main styles of influence that they understood and could apply their key concepts in self-defense.

Master Joe made a conscious and concerted effort to systematically unify and integrate a diverse array of martial arts knowledge that had been proven effective over his thirty years of experience training, fighting and teaching the martial arts. The result was a concise and functional system. Satori Dojo's expanded curriculum was born.

The Satori curriculum includes wing chun drills, boxing techniques, judo throws, etc. Each was carefully chosen because it added practicality and functionality to the overall system. The result is a methodologically sound formula for creating a new generation of well-rounded martial artists.





Master Joe believes that he is not only providing his students at Satori Dojo with an outstanding, well-rounded martial arts education, but that he is also being faithful to the ideals of Cuong Nhu as originally outlined by its Founder, O Sensei Ngo Dong.

***"Start the revolution within yourself."***

- O Sensei Ngo Dong



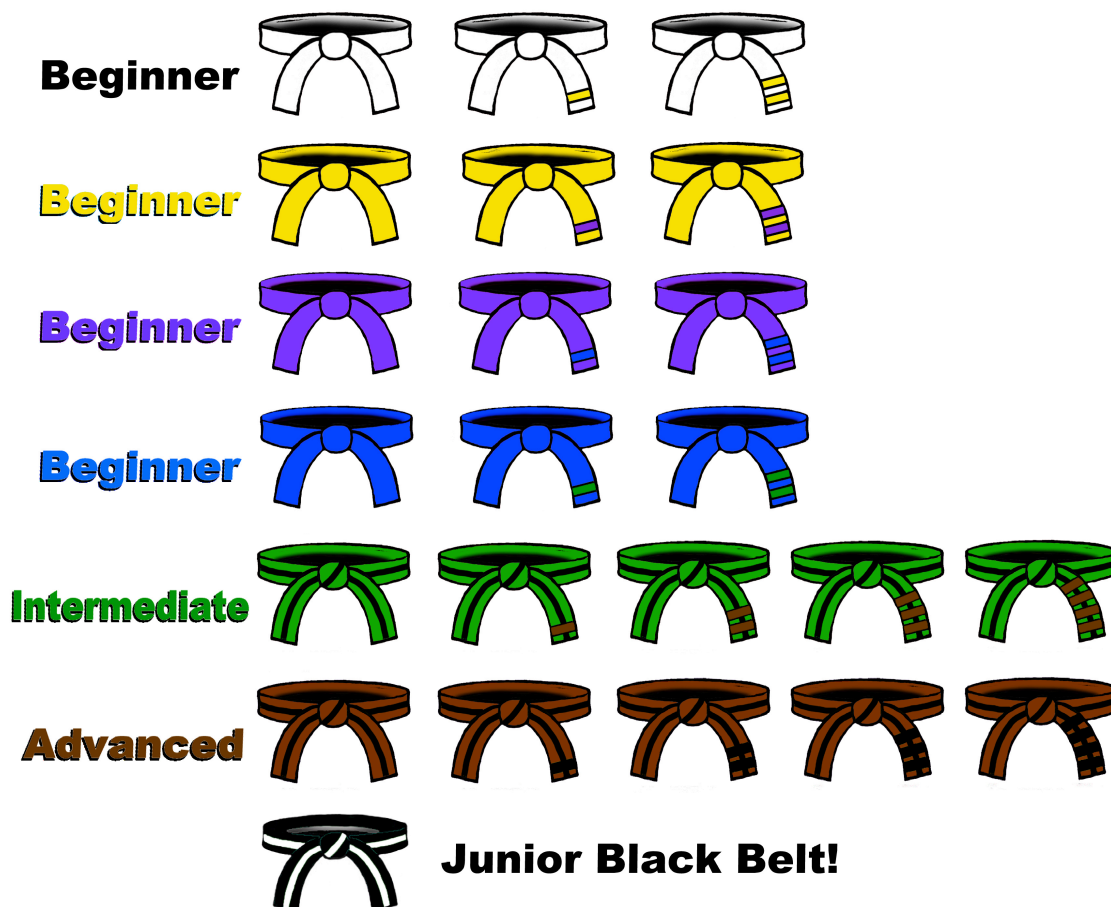
# Part One: **CHILDREN'S CURRICULUM**



## Understanding the Ranking System

The curriculum to black belt consists of a wide range of techniques and skills that take several years to learn and master. For ease of learning, the children's curriculum is divided into stages, not unlike the grades kids go through in school. Each stage is represented by a different belt color. There are small steps between each solid colored belt that are signified with stripes.

White, yellow, purple, and blue belts are all considered beginner ranks. They could be equated to the elementary school grades. The green belt and subsequent brown stripes are the intermediate ranks, much like middle school. The brown belt and black stripes are the advanced ranks, the equivalent of high school. When a student earns their junior black belt, they have graduated from the standard curriculum!





# Children's Curriculum

## One Yellow Stripes



### Minimum Time in Rank

One month/8-10 classes

### Stances

Natural stance  
Attention stance  
Rectangular stance  
Cat stance  
Kicking stance  
Forward stance

### Hand Techniques

Horizontal punch  
Lunge punch  
Reverse punch  
Tiger claw  
Inner chop  
Downward elbow

### Blocking Techniques

Lower block  
Palm block (pak sao)

### Leg Techniques

Upward knee kick  
Front snap kick

### Footwork

Moving in forward stance:  
Forward (advancing)  
Backward (retreating)  
Return (reverse directions)

### Wing Chun

Pak sao drill 1 (patty cake drill)

### Self Defense

Tiger claw:  
Same side  
Double wrist grab (front)  
Defense against choke:  
Ducking out

### Verbal Defense and Safety

Kids and strangers

### Stamina and Strength

50 Punches, chops, etc.  
5 Burpees, 5 Push-ups

### History and Philosophy

3 O's Principle

## Standardized Workout and Test

**Stances:** Natural, attention, rectangular, cat, kicking, forward (vary order)

**Stamina:** 20 Horizontal punches in rectangular stance

**Stamina:** 10 Triple level punches in rectangular stance (high, mid, low)

**Stamina and Strength:** 5 Burpees, 5 push-ups

**Combo:** Lunge punch in forward stance (adv./retreating), add hand/leg techniques

**Combo:** Reverse punch in forward stance (adv./retreating), add hand/leg techniques

**Combo:** Lower block in forward stance (adv./retreating), add hand/leg techniques

**Combo:** Inner chop in forward stance (adv./retreating), add hand/leg techniques

**Kicking:** Upward knee kicks in forward stance (adv./retreating), add hands

**Philosophy:** 3 O's Principle (Open mind, Open heart, Open arms)

**Self Defense:** Tiger Claw (same side, 2-on-2), Ducking out

**Kicking:** Front snap kicks in forward stance (stationary, advancing), add hands

**Verbal Defense:** With kids and strangers

**Combo:** Consecutive punches in forward stance (adv./retreating), add a kick before

**Wing Chun:** Pak sao drill 1 (patty cake drill)

**Combo:** Triple level punches in forward stance (adv./retreating), add chop and knee



# Children's Curriculum Two Yellow Stripes



## Minimum Time in Rank

One month/8-12 classes

## Stances

Lunge stance  
Snake (serpent) stance

## Hand Techniques

Vertical chop  
Vertical punch  
Jab  
Cross

## Blocking Techniques

Inner middle block  
Rising block

## Leg Techniques

Roundhouse knee kick

## Wing Chun

Pak sao drill 2 (punch drill)

## Self Defense

Step to the dead side  
Defense against choke:  
Windmill escape  
Tiger claw:  
Opposite side  
Two hands grab one wrist

## Verbal Defense and Safety

Dealing with bullies

## Stamina and Strength

60 Punches, chops, etc.  
8 Burpees, 8 Push-ups

## History and Philosophy

5 Firsts for Friendship

## Standardized Workout and Test

**Stamina:** 20 Punches in rectangular or lunge stance

**Stamina:** 10 Triple level punches in rectangular stance (low, mid, high)

**Stamina:** 10 Vertical chops in rectangular or lunge stance

**Stamina:** 10 Inner middle blocks in rectangular or lunge stance

**Stamina:** 10 Rising blocks in rectangular or lunge stance

**Stamina and Strength:** 8 Burpees, 8 Push-ups

**Combo:** Inner middle block in forward stance, add a reverse punch (adv./retreating)

**Combo:** Rising block in forward stance, add a reverse punch (adv./retreating)

**Verbal Defense:** Standing up to the bully

**Combo:** Vertical chop in forward stance. Add inner chop. (adv./retreating)

**Kicking:** Front snap kicks in forward stance (stationary, moving), add hand/legs

**Kicking:** Roundhouse knee kicks (solo and with a partner), add hands/legs

**Self Defense:** Stepping to the dead side

**Philosophy:** 5 Firsts of Friendship (communicate, smile, care, share, forgive)

**Wing Chun:** Pak sao drill 2 (cross hand vertical punch drill)

**Boxing:** Jab/cross, add front or roundhouse knee kick

**Self Defense:** Tiger Claw (opposite side, 2-on-1), Windmill escape

**Combo:** Snake stance, front snap kick, inner chop, vertical chop



## Children's Curriculum Yellow Belt



### Minimum Time in Rank

Five weeks/10-12 classes

### Hand Techniques

Double vertical chop

Hook

Uppercut

### Blocking Techniques

Double rising block

### Leg Techniques

Roundhouse kick

### Footwork

Directional movements:

90°, 180°, and 270° turns

### Blocks and Punches

Left, right, right, left:

Lower block to one arm

### Kata and Applications

Kata 1 (Taikyoku)

### Wing Chun

Pak sao drill 3 (pak sao defense)

### Self Defense

Tiger claw set

Defense against choke: double rising block

### Verbal Defense and Safety

Stranger danger

### Stamina and Strength

70 Punches, chops, etc.

10 Burpees, 10 Push-ups

### History and Philosophy

5 A's for Self Defense

## Standardized Workout and Test

**Philosophy:** 5 A's (awareness, alertness, avoidance, anticipation, action)

**Stamina:** 30 Punches in rectangular stance (single, double, high-low)

**Stamina:** 10 Double vertical chops in rectangular stance

**Stamina:** 10 Triple level punches in rectangular stance (mid-high-low)

**Stamina:** 10 Punches in lunge stance

**Stamina:** 10 Inner chops in lunge stance

**Stamina:** 10 Burpees, 10 Push-ups

**Footwork:** 90, 180, 270 degree turns, add to combos below

**Kicking:** Roundhouse kicks in forward stance (front leg, back leg), add hand/legs

**Combo:** Double rising block, double vertical chops in forward stance (adv./retreat)

**Blocks and Punches:** Lower block to one arm (rectangular stance)

**Wing Chun:** Pak sao drill 3 (pak sao defense)

**Self Defense:** Tiger claw set

**Verbal Defense:** Stranger Danger- Notice details and report to an adult ASAP!

**Boxing:** Jab, cross, hook, uppercut (add legs before/during/after)

**Kicking:** **Front snap**/Roundhouse kicks in forward stance, add hand

**Self Defense:** Against a choke: Double rising blocks, double vertical chops, knee

**Kata and Apps:** Kata 1/Taikyoku





# RANK-at-a-GLANCE

One Yellow Stripe to Yellow Belt



## STANCES



	Natural Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Attention Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Rectangular Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Kicking Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Forward Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Cat Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Serpent Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Lunge Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## HAND TECHNIQUES

	Lunge / Reverse Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Inner Chop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Vertical Chop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Jab/ Cross	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Double Vertical Chop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Hook / Uppercut	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BLOCKING TECHNIQUES

	Lower Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Inner Middle Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Rising Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Double Rising Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## LEG TECHNIQUES

	Upward Knee Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Front Snap Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Roundhouse Knee Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Roundhouse Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SELF DEFENSE

	Tiger Claw (grabs 1-2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Ducking Out	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tiger Claw (grabs 1-4)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Windmill Escape	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Step to the Dead Side	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tiger Claw Set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Choke Escape: Rising Blocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WING CHUN

	Patty Cake Drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Vertical Punch Drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Pak Sao vs Punch Drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## FOOTWORK

	Moving in Forward Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Return/Reverse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	90, 180, & 270 Degree Turns	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BLOCKS AND PUNCHES

	Lower Block (one arm)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## KATA AND APPLICATIONS

	Taikyoku	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## VERBAL DEFENSE AND SAFETY

	Kids and Strangers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Dealing with Bullies	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Stranger Danger	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## STAMINA AND STRENGTH

	50 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5 Burpees, Pushups, & Situps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	60 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	8 Burpees, Pushups, & Situps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	70 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10 Burpees, Pushups, & Situps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## PHILOSOPHY

	Three O's Principle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Five Firsts of Friendship	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5 A's for Self Defense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Childrens' Curriculum One Purple Stripe



## Minimum Time in Rank

Five weeks/10-12 classes

## Hand Techniques

Double punch (same level)  
High / low double punch

## Blocking Techniques

Double inner middle block

## Blocks and Punches

Left, right, right, left:  
lower block  
middle block  
rising block

## Kata and Applications

Kata 1 (Taikyoku)  
Kata 3  
Kata 4

## Wing Chun

Pak sao drill 4 (single pak sao defense)

## Self Defense

Tiger claw set

## Sparring

Blitz Attack

## Verbal Defense and Safety

"Bad Dog" voice

## Stamina and Strength

80 Punches, chops, etc.  
10 Burpees, 12 Push-ups

## History and Philosophy

5 Steps to Health

## Standardized Workout and Test

**Stamina:** 30 Punches in rectangular stance (horizontal, vertical, double, high-low)

**Stamina:** 10 Triple level punches in rectangular stance (mix-up order)

**Stamina:** 20 Punches in lunge stance

**Stamina:** 20 Inner chops in lunge stance

**Stamina and Strength:** 10 Burpees, 12 Push-ups

**Kicking:** Front snap kicks in forward stance (stationary and moving), add hands

**Kicking:** Roundhouse kicks in forward stance (stationary and moving), add hands

**Combo:** Front snap, roundhouse kick in forward stance, land with double punches

**Combo:** Dbl. inner middle blocks, hi-lo double punch in forward stance (adv./retreat)

**Philosophy:** 5 Steps to Health (think, eat, exercise, rest, perform)

**Combo:** Outer chop, inner chop (same hand) in forward stance (adv./retreating)

**Combo:** Outer chop, inner chop (switch hands) in forward stance (adv./retreating)

**Blocks and Punches:** Lower, middle, rising (in rectangular stance)

**Wing Chun:** Pak sao drill 4 (single pak sao defense)

**Kata and Apps:** Kata 1, 3, and 4

**Sparring:** Blitz attack

**Verbal Defense:** The "Bad Dog" voice

**Self Defense:** 3 Defenses against a choke, Tiger claw set





## Children's Curriculum Two Purple Stripes



### Minimum Time in Rank

Six weeks/12 classes

### Stances

Side stance

### Hand Techniques

Vertical backfist

Horizontal backfist

Outer chop

### Blocking Techniques

Outer block

Tan sao

### Leg Techniques

Front thrust kick

Low back stamping kick

### Footwork

Moving in side stance:

shuffling, stepping,  
and turning behind

### Blocks and Punches

Up to outer block

### Kata and Applications

Kata 1 to Kata 4

### Wing Chun

Tan sao drill

### Self Defense

Tiger claw set

### Verbal Defense and Safety

The Art of the Witty Retort

### Stamina and Strength

90 Punches, chops, etc.

10 Burpees, 15 Push-ups

### History and Philosophy

5 R's for Self Defense

## Standardized Workout and Test

**Stamina:** 25 Vertical punches in rectangular stance

**Stamina:** 25 Vertical backfists in rectangular stance

**Stamina:** 20 Outer blocks in lunge stance

**Stamina:** 20 Horizontal back fist strikes in lunge stance (add a kick before)

**Stamina and Strength:** 10 Burpees, 15 Push-ups

**Kicking:** Front thrust kicks in forward stance (stationary and moving)

**Wing Chun:** Tan sao drill

**Kicking:** Low back stamping kicks from natural stance (add follow-up techniques)

**Combo:** Cat stance with outer block, shift into forward stance with reverse punch

**Combo:** Side stance/outer block then shift into forward stance with reverse punch

**Philosophy:** 5 R's (right time, right place, right technique, right perspective, run)

**Combo:** Shuffle/step in side stance with outer block, horizontal backfist, shift punch

**Combo:** Shuffle/step in side stance w/outer block, turn behind horizontal backfist

**Verbal Defense:** The Art of the Witty Retort

**Blocks and Punches:** Up to outer block (left, right, right, left in rectangular stance)

**Kata and Apps:** Kata 1 to 4

**Self Defense:** 3 Defenses against a choke, Tiger claw set



## Children's Curriculum Purple Belt



### Minimum Time in Rank

2 months/16 classes

### Stances

Back stance  
Diagonal stance

### Blocking Techniques

Knifehand block  
Bong sao

### Leg Techniques

Jumping and flying knee kick  
Jumping and flying double knee kick

### Footwork

Moving in diagonal stance:  
Forward / Backward  
Moving in back stance:  
Forward / Backward

### Blocks and Punches

Up to knifehand block

### Kata and Applications

Kata 1 to Kata 5  
Modified kata

### Wing Chun

Bong sao drill

### Self Defense

Tiger claw set

### Sparring

Five step prearranged sparring

### Verbal Defense and Safety

Buddying Up

### Stamina and Strength

100 Punches, chops, etc.  
10 Burpees, 20 Push-ups

### History and Philosophy

5 S's for warm-ups

## Standardized Workout and Test

**Stamina:** 50 Punches in rectangular stance (horiz., vert., double, hi-lo, triple level, etc.)

**Stamina:** 50 Punches, chops, and blocks in lunge stance

**Stamina and Strength:** 10 Burpees, 20 Push-ups

**Combo:** Knifehand blocks in back stance (adv./retreating), add hand techniques

**Combo:** Lower blocks in diagonal stance (adv./retreating), add hand techniques

**Kicking:** Upward knee kicks in forward stance (stationary and moving)

**Kicking:** Jumping knee kick in forward stance

**Combo:** Flying double knee kick landing in forward stance with reverse punch

**Philosophy:** 5 S's (safety, slowness, self-awareness, stretching, strengthening)

**Wing Chun:** Bong sao drill

**Combo:** Moving in diag. stance w/outer block, shift into for. stance, reverse punch

**Combo:** Moving in back stance w/knifehand, shift into for. stance, reverse punch

**Blocks and Punches:** Up to knifehand block

**Verbal Defense:** Buddying up (strength in numbers)

**Kata and Apps:** Kata 1-5, Modified kata (modify with back and diagonal stances)

**Sparring:** Five-step prearranged sparring (practice using different blocks and stances)

**Self Defense:** 3 Defenses against a choke, Tiger claw set



# RANK-at-a-GLANCE

One Purple Stripe to Purple Belt



## STANCES



	Side Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Back Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Diagonal Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## HAND TECHNIQUES

	Double Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	High Low Double Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Vertical Backfist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Horizontal Backfist	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Outer Chop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BLOCKING TECHNIQUES

	Double Inner Middle Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Outer Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tan Sao	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Knifehand Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Bong Sao	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## LEG TECHNIQUES

	Front Thrust Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Low Back Stamping Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Jumping and Flying Knee Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Jumping and Flying Double Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SELF DEFENSE

	Tiger Claw Set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tiger Claw Set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tiger Claw Set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## KATA AND APPLICATIONS

	Kata 3 and 4	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Kata 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Kata 5 - Machine Gun Kata	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BLOCKS AND PUNCHES

	Lower	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Middle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Rising	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Outer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Knifehand	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WING CHUN

	Pak Sao Drills	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Tan Sao Drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Bong Sao Drill	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SPARRING

	Blitz Attack	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5 Step Prearranged Sparring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## VERBAL DEFENSE AND SAFETY

	"Bad Dog!" Voice	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	The Art of the Witty Retort	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Buddying Up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## STAMINA AND STRENGTH

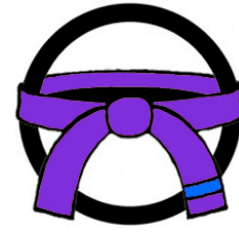
	80 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10 Burpees, 12 Push-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	90 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10 Burpees, 15 Push-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	100 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10 Burpees, 20 Push-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## PHILOSOPHY

	5 Steps to Health	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5 R's for Self Defense	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	5 S's for Warm-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Childrens' Curriculum One Blue Stripe



## Minimum Time in Rank

Two months/16 classes

## Blocking Techniques

Reinforced middle block  
Lower X-block (from sides w/closed hands)  
Upper X-block (closed hands)

## Leg Techniques

Jump front snap kick  
Side stamping kick

## Footwork

Moving in side stance:  
Shuffle  
Cross in front  
Cross behind

## Blocks and Punches

Up to knifehand block

## Kata and Applications

Kata 1 to Pinan 1

## Self Defense

Stamping kick (moves 1 and 2)

## Dropping Techniques

Forward roll

## Stamina and Strength

110 Punches, chops, etc.  
15 Burpees, 25 Push-ups

## History and Philosophy

5 P's of an Achiever

## Standardized Workout and Test

**Stamina:** 30 Double vertical backfist strikes in rectangular stance

**Stamina:** 30 Upper and lower X-blocks in rectangular stance

**Stamina:** 50 Punches, chops, and blocks in rectangular/lunge stance

**Stamina and Strength:** 15 Burpees, 25 Push-ups

**Combo:** Reinforced middle block in back stance (adv./retreating, add hands/legs)

**Combo:** Lower x-blocks (closed) in forward stance (adv./retreating, add hands/legs)

**Combo:** Upper x-blocks (closed) in forward stance (adv./retreating, add hands/legs)

**Kicking:** 10 Jump front kicks in forward stance (stationary/moving, add hands/legs)

**Wing Chun:** Pak, Tan, Bong sao drill

**Philosophy:** 5 P's of an Achiever (perspective, patience, perseverance, pride, practice)

**Combo:** Forward roll on mats. Add jump front snap kick to a target.

**Kicking:** Side stamping kicks moving in side stance (shuffle/step behind)

**Kicking:** Roundhouse kicks moving in side stance (step in front)

**Blocks and Punches:** Up to knifehand block (begin adding counter attacks)

**Kata and Apps:** Kata 1 to Pinan 1

**Self Defense:** Stamping kick set (moves 1&2: kick to knee followed by side kick to ribs)



# Children's Curriculum Two Blue Stripes



## Minimum Time in Rank

Two months/16 classes

## Blocking Techniques

Lower X-block (open hands)

Upper X-block (open hands)

## Leg Techniques

Side thrust kick

Back thrust kick

Flying front kick

## Footwork

Moving in side stance:

hopping

## Blocks and Punches

Up to knifehand block

begin counter attacks

## Kata and Applications

Kata 1 to Pinan 1

## Wing Chun

Sil Lim Tao (series 1 and 2)

## Boxing

Basic Combo (jab, cross, hook, uppercut)

## Self Defense

Stamping kick (moves 1-5)

## Dropping Techniques

Forward roll – opposite side

Low Side Drop

## Stamina and Strength

120 Punches, chops, etc.

15 Burpees, 28 Push-ups

## History and Philosophy

5 Alls for Self Defense

## Standardized Workout and Test

**Stamina:** 60 Upper and lower x-blocks (open hand) in rectangular stance (30/30)

**Stamina:** 30 Punches in rectangular stance (horiz., vert., double, hi-lo, triple level, etc.)

**Stamina:** 30 Punches, chops, and blocks in lunge stance

**Stamina and Strength:** 15 Burpees, 25 Push-ups

**Kicking:** Side thrust kicks in side stance (stationary)

**Kicking:** Back thrust kicks in forward stance (stationary)

**Combo:** Upper and lower x-blocks in forward stance (adv./retreating, add hands/legs)

**Boxing:** Basic Combo (jab, cross, hook, uppercut)

**Matwork:** Forward roll into low side drop (both sides, on mats)

**Philosophy:** 5 Alls of Self Defense (all angles, levels, techniques, situations, people)

**Wing Chun:** Sil Lim Tao (series 1 and 2)

**Kicking:** Side thrust kicks in side stance (step behind, shuffle, and hop/ add hands)

**Kicking:** Back thrust kicks moving in forward stance (adv./retreating, add hands/legs)

**Blocks and Punches:** Up to knifehand block (begin consecutive counter attacks)

**Kata and Apps:** Kata 1 to Pinan 1

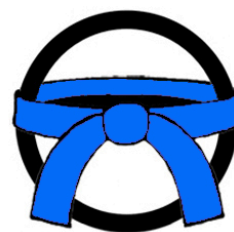
**Self Defense:** Stamping kick set (moves 1 to 5)

**Kicking:** Flying front snap kick (to a target if available/add hand techniques)





## Children's Curriculum Blue Belt



### Minimum Time in Rank

Two months/16 classes

### Hand Techniques

Vertical spear hand thrust  
Horizontal spear hand thrust

### Blocking Techniques

Lower X-block (closed hands from ear)  
Shoulder block

### Leg Techniques

12 Stamping kicks

### Blocks and Punches

Up to knifehand block  
with counter attacks

### Kata and Applications

Kata 1 to Pinan 2

### Boxing

Basic defense

### Sparring

Load and Explode

### Wing Chun

Sil Lim Tao (series 3 and 4)

### Self Defense

Stamping kick (all 10 moves)

### Dropping Techniques

Backward roll

### Stamina and Strength

130 Punches, chops, etc.  
15 Burpees, 30 Push-ups

### History and Philosophy

7 Main Styles of Influence  
Martial Arts History: Cuong Nhu

## Standardized Workout and Test

**Stamina:** 60 Punches in rectangular stance (horiz., vertical, double, hi-low, triple level)

**Stamina:** 20 Vertical and horizontal spearhand thrusts in rectangular stance

**Stamina:** 20 Vertical and horizontal spearhand thrusts in lunge stance

**Stamina:** 30 Outer chops with low chop block in lunge stance

**Stamina and Strength:** 15 Burpees, 30 Push-ups

**Kicking:** 12 Stamping kicks in natural stance (stationary)

**Basics:** Lower x-blocks moving in forward stance (closed hands, chamber from ear)

**Kicking:** Side thrust kicks in side stance (stationary)

**Matwork:** Backward roll (on mats), forward stance with open hand lower x-blocks

**Blocks and Punches:** Up to knifehand block (with simultaneous counter attacks)

**Verbal Defense:** Review strategies (bad dog voice, buddying up, witty retort, etc.)

**Wing Chun:** Sil Lim Tao (series 3 and 4)

**Boxing:** Basic Defense (catch, shoulder, wall, roll)

**Philosophy:** 7 Styles (Shotokan, Vovinam, Judo, Wing Chun, Aikido, Tai Chi, Boxing)

**Kata and Apps:** Kata 1 to Pinan 2

**Sparring:** Load and Explode

**History:** Cuong Nhu (Hard-soft, O Sensei Dong Ngo, Vietnam, 1965)

**Kata and Apps:** Modified Kata (Kata 1 pattern with different stances and techniques)

**Self Defense:** Stamping kick set



# RANK-at-a-GLANCE

One Blue Stripe to Blue Belt



## HAND TECHNIQUES



- ☐ Vertical Spearhand Thrust ☐ ☐ ☐
- ☐ Horizontal Spearhand Thrust ☐ ☐ ☐

## BLOCKING TECHNIQUES

- ☐ Reinforced Middle Block ☐ ☐ ☐
- ☐ Lower X-Block (closed hands) ☐ ☐ ☐
- ☐ Upper X-Block (closed hands) ☐ ☐ ☐
- ☐ Lower X-Block (open hands) ☐ ☐ ☐
- ☐ Upper X-Block (open hands) ☐ ☐ ☐
- ☐ Lower X-Block (from ear) ☐ ☐ ☐
- ☐ Shoulder Block ☐ ☐ ☐

## LEG TECHNIQUES

- ☐ Jump Front Snap Kick ☐ ☐ ☐
- ☐ Side Stamping Kick ☐ ☐ ☐
- ☐ Side Thrust Kick ☐ ☐ ☐
- ☐ Back Thrust Kick ☐ ☐ ☐
- ☐ Flying Front Kick ☐ ☐ ☐
- ☐ 12 Stamping Kicks ☐ ☐ ☐

## BLOCKS AND PUNCHES

- ☐ Up to Knifehand block ☐ ☐ ☐
- ☐ Up to Knifehand (counters) ☐ ☐ ☐
- ☐ Up to Knifehand (counters) ☐ ☐ ☐

## SELF DEFENSE

- ☐ Stamping Kick (moves 1-2) ☐ ☐ ☐
- ☐ Stamping Kick (moves 1-5) ☐ ☐ ☐
- ☐ Stamping Kick (moves 1-10) ☐ ☐ ☐

## KATA AND APPLICATIONS

- ☐ Pinan 1 (Heian/Peaceful Mind) ☐ ☐ ☐
- ☐ Pinan 2 (Safe and Sound) ☐ ☐ ☐

## FOOTWORK

- ☐ Moving in Side Stance: ☐ ☐ ☐
- ☐ Cross in front/behind ☐ ☐ ☐
- ☐ Hop ☐ ☐ ☐
- ☐ Shuffle ☐ ☐ ☐

## WING CHUN

- ☐ Sil Lim Tao (series 1 - 2) ☐ ☐ ☐
- ☐ Sil Lim Tao (series 1 - 4) ☐ ☐ ☐

## BOXING

- ☐ Basic Combination ☐ ☐ ☐
- ☐ Basic Defense ☐ ☐ ☐

## SPARRING

- ☐ Load and Explode ☐ ☐ ☐

## MATWORK

- ☐ Forward Roll ☐ ☐ ☐
- ☐ Forward Roll (opposite side) ☐ ☐ ☐
- ☐ Low Side Drop ☐ ☐ ☐
- ☐ Backward Roll ☐ ☐ ☐

## STAMINA AND STRENGTH

- ☐ 110 Punches, Chops, Etc. ☐ ☐ ☐
- ☐ 15 Burpees/ 25 pushups, situps ☐ ☐ ☐
- ☐ 120 Punches, Chops, Etc. ☐ ☐ ☐
- ☐ 15 Burpees/ 28 pushups, situps ☐ ☐ ☐
- ☐ 130 Punches, Chops, Etc. ☐ ☐ ☐
- ☐ 15 Burpees/ 30 pushups, situps ☐ ☐ ☐

## PHILOSOPHY

- ☐ 5 P's of an Achiever ☐ ☐ ☐
- ☐ 5 Ails for Self Defense ☐ ☐ ☐
- ☐ 7 Martial Arts of Influence ☐ ☐ ☐



# Childrens' Curriculum One Green Stripe



## Minimum Time in Rank

Three months/24 classes

## Hand Techniques

Upward elbow strike  
Backward elbow strike  
Roundhouse elbow strike  
Back roundhouse elbow strike  
Forward Elbow Strike  
Side Elbow Strike

## Blocking Techniques

Double forearm block

## Leg Techniques

Shin block  
Flying roundhouse kick

## Blocks and Punches

Up to knifehand block  
with counter attacks

## Kata and Applications

Kata 1 to Pinan 2

## Wing Chun

Pak sao-da x1 (progressive drill 1)  
Sil Lim Tao (series 5 and 6)

## Self Defense

Elbow set: grabs 1 - 2

## Dropping Techniques

Low side drop  
Uki Goshi (floating hip throw)

## Stamina and Strength

140 Punches, chops, etc.  
15 Burpees, 32 Push-ups

## History and Philosophy

Martial Arts History: Shotokan

## Standardized Workout and Test

**Stamina:** 70 Punches in rectangular stance (horiz., vertical, double, hi-low, triple level)

**Stamina:** 70 Outer chops with low chop block in lunge stance

**Stamina and Strength:** 15 Burpees, 32 Push-ups

**Elbow Strikes:** Elbow kata (up, back, roundhouse, back round, forward, side, down)

**Kicks:** Front, side, back, round (stationary same leg and moving alternating legs)

**Combo:** Front snap, jab, cross, rear leg roundhouse, land back w/ hook, uppercut

**Wing Chun:** Reference 1 into pak sao/da (first half of progressive drill 1)

**Kicks:** Flying roundhouse kicks (to a target if available, add follow-up techniques)

**Combo:** Shin block and double forearm block into backfist, cross, hook punch

**Wing Chun:** Sil Lim Tao (series 5 and 6)

**Matwork:** Uki goshi into low side drop (both sides, on mats)

**Blocks and Punches:** Up to knifehand block (with simultaneous counter attacks)

**Kata and Apps:** Kata 1 to Pinan 2

**History:** Shotokan (Hall of Shoto, Gichen Funakoshi, Japan/Okinawa, 1922)

**Self-Defense:** Elbow set of self-defense: grabs 1 and 2





## Children's Curriculum Two Green Stripes



### Minimum Time in Rank

Three months/24 classes

### Stances

Inward Stance

Hook stances (dinh, pigeon, crescent)

### Hand Techniques

Palm heel strikes (three levels)

### Blocking Techniques

Side elbow block

### Leg Techniques

Side snap kick

Crescent kick

Rear knee charge

### Blocks and Punches

Up to elbow block

with counter attacks

### Kata and Applications

Kata 1 to Pinan 3

### Self Defense

Elbow set: grabs 1 - 4

### Wing Chun

Pak sao-da x2 (progressive drill 1)

Sil Lim Tao (series 7 and 8)

### Sparring

Rear knee charge with punches

### Stamina and Strength

150 Punches, chops, etc.

15 Burpees, 35 Push-ups

### History and Philosophy

Code of Ethics: Tenet 1

Martial Arts History: Boxing

## Standardized Workout and Test

**Stamina:** 50 Punches in rectangular stance (horiz., vertical, double, hi-low, triple level)

**Stamina:** 20 Triple level palm heel strikes in rectangular stance

**Stamina:** 20 Outer chops with low block in lunge stance

**Stamina:** 20 Elbow blocks followed by vertical backfist in lunge stance

**Philosophy:** CoE #1: Strive to improve yourself and serve your community.

**Stamina and Strength:** 15 Burpees, 35 Push-ups

**Kicks:** Side snap kicks (to a target if available, add follow-up techniques)

**Kicks:** Crescent kicks (to a target if available, add follow-up techniques)

**Wing Chun:** Reference 1 into pak sao/da x2 (progressive drill 1)

**Matwork:** Forward roll into low side drop, add low side kick

**Sparring:** Rear knee charge (with punches)

**Blocks and Punches:** Up to elbow block (with counter attacks)

**Wing Chun:** Sil Lim Tao (series 7 and 8)

**Combo:** Elbow block, vertical backfist, reverse vertical punch in hook stance

**Kata and Apps:** Kata 1 to Pinan 3

**History:** Boxing (James Figg, London, England, 1719, Fisticuffs/fist fighting)

**Self Defense:** Elbow strike set of self-defense: grabs 1-4



# Children's Curriculum Junior Green Belt



## Minimum Time in Rank

Three months/24 classes

## Hand Techniques

Outer diagonal chop  
Close punch

## Blocking Techniques

Sliding block (three levels)  
Soft style low block  
Soft style middle block  
Soft style rising block

## Leg Techniques

Soft style shin block

## Footwork

Sliding in side stance

## Kata and Applications

Kata 1 to Pinan 3

## Blocks and Punches

Up to soft rising block  
Hard style double blocking principle

## Self Defense

Elbow set

## Wing Chun

Pak sao-Lap sao (progressive drill 2)  
Sil Lim Tao (series 9 and 10)

## Dropping Techniques

Forward roll into side drop  
Front tumble breakfall

## Sparring and Self Defense

Centerline principles  
Shin block against kicks

## Stamina and Strength

160 Punches, chops, etc.  
15 Burpees, 40 Push-ups

## Philosophy

10 Don'ts for Sparring  
Cumulative written exams begin

## Standardized Workout and Test

**Stamina:** 50 Punches in rectangular stance (horiz., vertical, double, hi-low, triple level)

**Stamina:** 50 Outer diagonal chops with low block in lunge stance

**Stamina:** 60 Soft style and sliding blocks (with close punches) in side pigeon stance

**Stamina and Strength:** 15 Burpees, 40 Push-ups

**Wing Chun:** Pak sao/lap sao (progressive drill 2)

**Matwork:** Forward roll into side drop with side kick (on mat)

**Matwork:** Front tumble breakfall (on mat)

**Philosophy:** 10 Don'ts of Sparring (angry, fearful, tense, hurried, waste energy, overconfident, distracted, preconceived ideas, discouraged, afraid of losing)

**Kicking:** Slide side kicks in side stance

**Kicking:** Hard and soft (deflecting) shin block (against kicks)

**Wing Chun:** Sil Lim Tao (series 9 and 10), Centerline principles

**Blocks and Punches:** Up to soft rising block (with counter attacks)

**Kata and Apps:** Kata 1 to Pinan 3 (with applications)

**Self Defense:** Elbow set of self-defense (all grabs)



# RANK-at-a-GLANCE

One Green Stripe to Jr. Green Belt



## STANCES



Inward Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Hook Stances	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## HAND TECHNIQUES

Elbow Strikes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Palm Heel Strikes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Diagonal Chop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Close Punch	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## BLOCKING TECHNIQUES

Double Forearm Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Side Elbow Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sliding Blocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soft Style Blocks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## LEG TECHNIQUES

Shin Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flying Roundhouse Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Side Snap Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Crescent Kick	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Soft Style Shin Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## FOOTWORK

Sliding in Side Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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## BLOCKS AND PUNCHES

Up to Knifehand block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Up to Knifehand (counters)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Up to Soft Rising Block	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SELF DEFENSE

Elbow Set (grabs 1-2)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Elbow Set (grabs 3-4)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Elbow Set	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## KATA AND APPLICATIONS

Up to Pinan 2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Up to Pinan 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Up to Pinan 3	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## WING CHUN

Pak Sao / Da x1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sil Lim Tao (series 5 - 6)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pak Sao / Da x2	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sil Lim Tao (series 7 - 8)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Pak Sao / Lap Sao	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sil Lim Tao (series 9 - 10)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## MATWORK

Uki Goshi / Floating Hip Throw	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Low Side Drop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Forward Roll into Side Drop	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Front Tumble Breakfall	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## SPARRING

Rear Knee Charge	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Shin Blocks against Kicks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Centerline Principles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## STAMINA AND STRENGTH

140 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Burpees/ 32 pushups, situps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
150 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Burpees/ 35 pushups, situps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
160 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15 Burpees/ 40 pushups, situps	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## PHILOSOPHY

History of Shotokan Karate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Code of Ethics: Tenet 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
History of Boxing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10 Don'ts of Sparring	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



# Children's Curriculum

## Junior One Brown Stripe



### Minimum Time in Rank

Three months/24 classes

### Stances

Turtle Stance

### Blocking Techniques

Soft style knifehand block (crane block)

Soft style elbow block

Palm heel blocks: three levels

### Leg Techniques

Heel kick

Flying side kick

### Footwork

Slide-hop

Tenkan movement

### Blocks and Punches

Up to soft style elbow block

### Katas and Applications

Kata 1 to Pinan 3

### Self Defense

Kote gaeshi (bent wrist):  
same side, two-on-two

### Dropping Techniques

Side drop

### Wing Chun

Hubud (angle 1)

Fook sao-da (progressive drill 3)

### Weapons

Tambo basic yang grip:

Figure 8's

6 Blocks

14 Basic strikes

4-Count sinawali

### Sparring

Alley of Opportunity

Three 1-Minute Rounds

### Stamina and Strength

170 Punches, chops, etc.

10 Basic boxing combos

20 Burpees, 42 Push-ups

### Philosophy

Code of Ethics: Tenet 2

History of Wing Chun

5 Sources of Power

## Standardized Workout and Test

**Stamina:** 100 Hard style punches, chops, blocks, etc., include palm heel blocks

**Stamina:** 70 Soft style blocks in side pigeon with counters (include soft knife and soft elbow)

**Stamina:** 10 Basic boxing combos (5 each side)

**Stamina and Strength:** 20 Burpees, 42 Push-ups

**History:** Wing Chun (Ng Mui/Yim Wing Chun, Cina, Early 1700's, Beautiful Springtime)

**Wing Chun:** Hubud (angle 1)

**Kicking:** Slide-hop side kicks in side stance (front foot slides then back foot hops to it)

**Wing Chun:** Fook sao-Da (progressive drill 3), review progressive drills 1 and 2

**Kicking:** Heel kick (stationary, moving, sliding, slide-hopping – to a target if available)

**Weapons:** Tambo yang grip basics (figure 8's, 6 blocks, 14 basic strikes, 4-count sinawali)

**Blocks and Punches:** Up to soft style elbow block (with counter attacks)

**Sparring:** 3 One-minute rounds, Alley of Opportunity

**Kicking:** Flying side kicks (over an obstacle / to a target if available)

**Kata and Apps:** Kata 1 to Pinan 3 (with applications)

**Self Defense:** Kote gaeshi (same side, two-on-two), uke works on side drop

**Philosophy:** CoE #2: Respect yourself and others.





# Children's Curriculum

## Junior Two Brown Stripes



### Minimum Time in Rank

Three months/24 classes

### Stances

X-stance

### Hand Techniques

Inner and outer hammerfist strikes

### Blocking Techniques

Wedge block

Arrow block

Backhand block

Inner and outer shovel blocks

Bottom hammerfist block

### Leg Techniques

Jump back side kick

Foot sweeps:

arch, heel, instep

### Blocks and Punches

Up to soft style elbow block

add counterattacks

### Self Defense

Kote gaeshi (bent wrist)

### Katas and Applications

Kata 1 to Pinan 4

### Dropping Techniques

Front Drop

### Judo

Osoto gari

Kosoto gari

Kesa gatame

### Wing Chun

Hubud (6 angles)

### Weapons

Tambo basic yin grip

Figure 8's

6 Blocks

14 Basic strikes

6-Count sinawali (yang grip)

### Stamina and Strength

180 Punches, chops, etc.

20 Basic boxing combos

20 Burpees, 45 Push-ups

### Philosophy

Code of Ethics: Tenet 3

History of Judo

5 D's of a Winner

## Standardized Workout and Test

**Stamina:** 100 Hammerfists (top fist/bottom fist, inner/outer, blocking/striking)

**Stamina:** 80 Soft style blocks in side pigeon with simultaneous counter attacks

**Stamina:** 20 Basic boxing combos (10 each side)

**Stamina and Strength:** 20 Burpees, 45 Push-ups

**History:** Judo (Jigoro Kano, Japan, 1882, The soft or yielding way)

**Judo:** Osoto gari and kosoto gari takedowns with kesa gatame pin

**Philosophy:** 5 D's of a Winner (direction, discipline, determination, dedication, do til' death)

**Wing Chun:** Hubud (6 angles: outer, vertical, inner, punch, elbow, low stab)

**Matwork:** Front drop

**Kicking:** Jump back side kicks

**Kicking:** Foot sweeps and shovel blocks (add follow-ups)

**Weapons:** Tambo yin grip basics (figure 8's, 6 blocks, 14 basic strikes, 6-count sinawali)

**Blocks and Punches:** Up to soft style elbow block (with counter attacks)

**Kata and Apps:** Kata 1 to Pinan 4 (with applications)

**Self Defense:** Kote gaeshi (6 grabs and a punch), uke works on side drop

**Philosophy:** CoE #3: Save your martial arts for self-defense or to protect others.



# Children's Curriculum

## Junior Three Brown Stripes



### Minimum Time in Rank

Three months/24 classes

### Hand Techniques

Inner and outer ridgehand strikes

### Blocking Techniques

Downward forearm block

Sweeping blocks: three levels

### Leg Techniques

Flying double front kick

### Footwork

Z-letter movement

U-letter movement

### Blocks and Punches

Up to soft style elbow block  
with counterattacks

### Katas and Applications

Kata 1 to Pinan 4

### Self Defense

Pressing arm (ude osae)

### Dropping Techniques

Back drop

### Judo

Ouchi gari

Kouchi gari

Guard

### Sparring

High-Low-High

Three 1-Minute Rounds

### Weapons

Tambo vs. tambo disarms

Empty hand vs. tambo disarms

Tres-tres

### Stamina and Strength

190 Punches, chops, etc.

30 Basic boxing combos

20 Burpees, 47 Pushups

### History and Philosophy

Code of Ethics: Tenet 4

8 Sources of Learning

History of Aikido

## Standardized Workout and Test

**Stamina:** 100 Ridgehand strikes (inner and outer)

**Stamina:** 90 Sweeping blocks (three levels) in side pigeon (with counters)

**Stamina:** 30 Basic boxing combos (15 each side)

**Stamina and Strength:** 20 Burpees, 47 Push-ups

**History:** Aikido (Morihei Ueshiba, Japan, 1938, The way of combining energy)

**Philosophy:** 8 Sources of Learning

**Matwork:** Back drop

**Judo:** Ouchi gari and kouchi gari takedowns with guard counter

**Kicking:** Flying double front kicks (add downward forearm and inner/outer ridgehands)

**Footwork:** Z and U-Letter movements with hand and leg techniques

**Sparring:** 3 One-minute rounds, High-low-high

**Weapons:** Tambo disarms (long range, middle range, close range, empty hand)

**Weapons:** Tres-tres

**Blocks and Punches:** Up to soft style elbow block (with counter attacks)

**Kata and Apps:** Kata 1 to Pinan 4 (with applications)

**Self Defense:** Pressing arm (6 grabs and a punch, takedown but no pin)

**Philosophy:** CoE #4: Commit to daily, dedicated training.



# Children's Curriculum

## Junior Four Brown Stripes



### Minimum Time in Rank

Three months/24 classes

### Stances

Parallel stance  
Forward parallel stance

### Hand Techniques

U-punch

### Leg Techniques

Wheel kick  
Low spinning foot sweeps  
Double low spinning sweeps  
Dropping kick

### Blocks and Punches

Up to soft style elbow block  
with counterattacks

### Katas and Applications

Kata 1 to Pinan 5  
Tension form (first half)

### Wing Chun

Dan chi sao

### Self Defense

Pressing arm (ude osae) with iikyo pins

### Judo

Yoko shiho gatame (four corner hold down)  
Juji garami (entangled arm locks)

### Weapons

Bo: kobudo drills

### Stamina and Strength

200 Punches, chops, etc.  
40 Basic boxing combos  
20 Burpees, 50 Pushups

### History and Philosophy

Code of Ethics: Tenet 5  
10 Stages of Growth

## Standardized Workout and Test

**Stamina:** 100 Hard style punches, chops, blocks, etc.,

**Stamina:** 100 Soft style blocks in side pigeon with simultaneous counter attacks

**Stamina:** 40 Basic boxing combos (20 each side)

**Stamina and Strength:** 20 Burpees, 50 Push-ups

**Philosophy:** 10 Stages (nobody, learner, worker, fighter, achiever, winner, teacher...)

**Judo:** Ouchi gari and kouchi gari, pass the guard to yoko shiho gatame and finish

**Kicking:** Low spinning footsweeps. Double low spinning footsweeps

**Footwork:** Z and U-Letter movements with hand and leg techniques

**Wing Chun:** Dan chi sao

**Kata:** Tension form (first half)

**Kicking:** Wheel kicks (to a target if available, add low spinning footsweeps)

**Sparring:** 3 One-minute rounds

**Weapons:** Bo – Kobudo drills

**Blocks and Punches:** Up to soft style elbow block (with counter attacks)

**Kicking:** Dropping kicks with U-punch counter

**Kata and Apps:** Kata 1 to Pinan 5 (with applications)

**Self Defense:** Pressing arm (6 grabs and a punch, finishing with an iikyo pin)

**Philosophy:** CoE #5: Live a healthy, balanced life.



# Children's Curriculum Junior Brown Belt



## Minimum Time in Rank

Three months/24 classes

## Hand Techniques

Tiger mouth strike

Rising punch

## Blocking Techniques

Pressing block

Circular chop block

Upward ridgehand block (chicken head)

Palm corner block (ox jaw)

## Leg Techniques

Reverse crescent kick

Axe kick (inside/outside)

Flying front/roundhouse kick

## Blocks and Punches

Up to soft style elbow block

Add soft style double blocking

## Katas and Applications

Kata 1 to Jutte

Tension form

## Boxing

Evasion (bob and weave)

## Wing Chun

Double arm chi sao (poon sao/rolling arms)

## Judo

Ogoshi (big hip throw)

Ude gatame

Ude hiza gatame

## Weapons

Tambo 1 and applications

## Sparring and Self Defense

Broken Rhythm

Three two-minute rounds

## Brown Belt Essay

## Stamina and Strength

210 Punches, chops, etc.

50 Basic boxing combos

20 Burpees, 52 Pushups

## History and Philosophy

5 Negatives to Avoid in Teaching

## Standardized Workout and Test

**Stamina:** 100 Strikes (Tiger mouth, rising punch, pressing, circular chop, chicken head, ox jaw)

**Stamina:** 110 Soft style blocks in side pigeon with simultaneous counter attacks

**Stamina:** 50 Basic boxing combos (25 each side)

**Stamina and Strength:** 20 Burpees, 52 Push-ups

**Philosophy:** 5 Negatives to Avoid in Teaching

**Judo:** Ogoshi, finish with ude gatame

**Kicking:** Reverse crescent kicks, axe kicks

**Footwork:** Z and U-Letter movements (combo includes flying front/roundhouse kicks)

**Wing Chun:** Double arm chi sao (poon sao/rolling arms)

**Kata:** Tension form

**Sparring:** Boxing evasion, Broken rhythm (pause and bounce), 3 Two-minute rounds

**Weapons:** Tambo 1 and applications

**Blocks and Punches:** Up to soft style elbow block (add soft style double blocking)

**Matwork:** Randori with hiza gatame

**Kata and Apps:** Kata 1 to Jutte (with applications)





# Children's Curriculum

## Junior One Black Stripe



### Minimum Time in Rank

Three months/24 classes

### Hand Techniques

Roundhouse punch  
Bent wrist strikes

### Blocking Techniques

Bent wrist blocks: three levels  
Palm push to elbow

### Leg Techniques

Spinning reverse crescent kick  
Inside roundhouse kick  
Flying front/side kick

### Blocks and Punches

Up to soft style elbow block w/double blocking

### Katas and Applications

Kata 1 to Jutte  
Tension kata  
Fighting form (part 1)

### Self Defense

Shiho nage (four direction throw)

### Weapons

Bo 1 and applications

### Board Breaking

One direction

### Sparring and Self Defense

Electric Shock Principle  
Three two-minute rounds

### Stamina and Strength

220 Punches, chops, etc.  
60 Basic boxing combos  
25 Burpees, 52 Pushups

### History and Philosophy

History of Shaolin Chuan Fa  
5 Fears of Achievement  
5 C's of Successful Training

## Standardized Workout and Test

**Stamina:** 110 Hard style punches, chops, blocks, etc., include bent wrist strikes

**Stamina:** 110 Soft style blocks in side pigeon with counters, include palm push to elbow

**Stamina:** 60 Basic boxing combos (30 each side, replace hook punch with roundhouse punch)

**Stamina and Strength:** 25 Burpees, 52 Push-ups

**Philosophy:** 5 Fears of Achievement (hard work, failure, intimidation, people, death)

**Kicking:** Spinning reverse crescent kick and inside roundhouse kick (add hands)

**Combo:** Palm push to elbow, roundhouse elbow strike, inner chop

**Kata:** Tension form/Fighting form (part 1)

**History:** Shaolin Chuan Fa (Bodhidharma, 520 AD, China, Little Forest Fist Way)

**Kicking:** Flying front/side kick (add lead hand diagonal chop, double diagonal chops)

**Sparring:** Electric Shock Principle, 3 Two-minute rounds

**Weapons:** Bo 1 and applications

**Board Breaking:** One direction

**Self Defense:** Shiho nage (four directions throw)

**Blocks and Punches:** Up to soft style elbow block (add soft style double blocking)

**Matwork:** Hiza gatame and grappling

**Kata and Apps:** Kata 1 to Jutte (with applications)

**Philosophy:** 5 C's for Training (commitment, coaching, consistency, courage, conditioning)



# Children's Curriculum

## Junior Two Black Stripes



### Minimum Time in Rank

Three months/24 classes

### Hand Techniques

Palm corner strike  
Forefinger knuckle strike  
Middle knuckle strike

### Blocking Techniques

Palm corner block

### Leg Techniques

Reverse dropping kick  
Jump wheel kick

### Blocks and Punches

Up to soft style elbow block w/double blocking

### Katas and Applications

Kata 1 to Empi  
Tension kata  
Fighting form (part 2)

### Self Defense

Crossed arm lock (juji nage/ude garami)

### Judo

Mount  
Juji jime (cross choke)  
Juji gatame (cross armlock)

### Weapons

Bo 2 and applications

### Board Breaking

Two directions

### Sparring and Self Defense

Three two-minute rounds

### Stamina and Strength

230 Punches, chops, etc.  
70 Basic boxing combos  
25 Burpees, 55 Pushups

### History and Philosophy

History of Tai Chi Chuan  
5 Think Rights

## Standardized Workout and Test

**Stamina:** 110 Hard style hand techniques (include palm corner, fore and middle knuckle)

**Stamina:** 120 Soft style blocks in side pigeon with simultaneous counter attacks

**Stamina:** 70 Basic boxing combos (35 each side)

**Stamina and Strength:** 25 Burpees, 55 Push-ups

**Kicking:** Reverse dropping kick (add follow-up techniques)

**Philosophy:** 5 Think Rights (think simple, faster, better, deeper, wiser)

**Combo:** Palm push to elbow, roundhouse elbow strike, inner chop

**Kata:** Tension form/ Fighting form (part 2)

**History:** Tai Chi Chuan (Chang San Feng, China, 1200's, Grand Ultimate Fist)

**Kicking:** Jump wheel kick

**Sparring:** 3 Two-minute rounds

**Weapons:** Bo 2 and applications

**Board Breaking:** Two directions

**Self Defense:** Crossed arm lock (juji nage/ude garami)

**Blocks and Punches:** Up to soft style elbow block (with double blocking)

**Matwork:** Randori with mount, juji jime, and juji gatame

**Kata and Apps:** Kata 1 to Empi (with applications)



# Children's Curriculum

## Junior Three Black Stripes



### Minimum Time in Rank

Three months/24 classes

### Hand Techniques

Bearhand strikes

Bearhand knuckle strikes:

One finger strike

Two finger strike

Thumb strike

Thumb knuckle strike

### Blocking Techniques

Grasping blocks

Funnel block

### Leg Techniques

Serpent kick

Flying front/heel kick

### Blocks and Punches

Up to soft style elbow block w/double blocking

### Katas and Applications

Taikyoku to Chinte

Tension kata

Fighting form (part 3)

### Judo

Ippon seoi nage (one arm shoulder throw)

Yoko otoshi (side drop)

Tani otoshi (valley drop)

### Weapons

Louie Tatáta's single tambo drill

### Board Breaking

Three directions

### Sparring and Self Defense

Dynamic blindspot

Three two-minute rounds

### Stamina and Strength

240 Punches, chops, etc.

80 Basic boxing combos

25 Burpees, 57 Pushups

### History and Philosophy

5 'Tion's of Teaching

5 Controls for Self Defense

History of Vovinam

## Standardized Workout and Test

**Stamina:** 120 Hard style hand techniques (include bearhands, one and two finger, and thumbs)

**Stamina:** 120 Soft style blocks in side pigeon with simultaneous counter attacks

**Stamina:** 80 Basic boxing combos (40 each side)

**Stamina and Strength:** 25 Burpees, 57 Push-ups

**Kicking:** Serpent kick (add one and two finger strikes)

**Combo:** Grasping block, reverse punch (add bearhands/thumb strikes)

**Kata:** Tension form/ Fighting form (part 3)

**History:** Vovinam (Nguyen Loc, Vietnam, 1946, Martial arts of Vietnam)

**Kicking:** Flying front/heel kick

**Sparring:** Dynamic Blindspot, 3 Two-minute rounds

**Weapons:** Louie Tatáta's single tambo drill

**Board Breaking:** Three directions

**Judo:** Ippon seoi nage (one arm throw), Yoko otoshi (side drop), Tani Otoshi (valley drop)

**Blocks and Punches:** Up to soft style elbow block (add double blocking)

**Kata and Apps:** Kata 1 to Chinte (with applications)

**Philosophy:** 5 'Tions of Teaching (demonstration, simplification, explanation, repetition, correction)



# Children's Curriculum

## Junior Four Black Stripes



### Minimum Time in Rank

Three months/24 classes

### Hand Techniques

Scissors punch

Looping ridgehand

### Leg Techniques

Flying front/crescent

Flying front/reverse crescent

### Blocks and Punches

Up to soft style elbow block

w/double blocking and counters

### Katas and Applications

Kata 1 to Chinte

Tension Form

Fighting form (part 4)

### Judo

Tai otoshi (body drop)

Harai goshi (hip sweep)

### Weapons

Tambo 2 and applications

### Board Breaking

Four directions

### Sparring and Self Defense

Three two-minute rounds

### Stamina and Strength

250 Punches, chops, etc.

90 Basic boxing combos

25 Burpees, 58 Pushups

### History and Philosophy

5 Loves of a Sensei

Foundation for Peak Performance

## Standardized Workout and Test

**Stamina:** 125 Hard style hand techniques (include scissors punch and looping ridgehand)

**Stamina:** 125 Soft style blocks in side pigeon with counter attacks

**Stamina:** 90 Basic boxing combos (45 each side)

**Stamina and Strength:** 25 Burpees, 58 Push-ups

**Philosophy:** 5 Loves of a Sensei (students, sharing, teaching, martial arts, growth)

**Kicking:** Flying front/crescent and front/reverse crescent kick (add hand techniques)

**Kata:** Tension form/ Fighting form (part 4)

**Sparring:** 3 Two-minute rounds

**Weapons:** Tambo 2 and applications

**Board Breaking:** Four directions

**Judo:** Tai otoshi (body drop), Harai goshi (hip sweep)

**Matwork:** Randori and newaza (throwing and groundwork)

**Blocks and Punches:** Up to soft style elbow block (add double blocking and counterattacks)

**Kata and Apps:** Kata 1 to Chinte (with applications)

**Philosophy:** Foundation for Peak Performance (awareness, belief, commitment, dedication, enlightenment)



# Children's Curriculum Junior Black Belt



## Minimum Time in Rank

Three months/24 classes

## Hand Techniques

Outer forearm strike

Inner forearm strike

## Blocking Techniques

Punching block

## Leg Techniques

Flying crescent/wheel kick

Flying reverse crescent/crescent

Flying reverse crescent/roundhouse

## Footwork

Irimi

## Blocks and Punches

Up to soft style elbow block

w/double blocking and counters

## Katas and Applications

Taikyoku to Chinte

Tension Form

Fighting form

## Aikido

Irimi nage

Kokyo nage

## Judo

Tomoe nage

## Wing Chun

Advanced hubud

## Weapons

Bo 3 and applications

Knife defense

## Board Breaking

Four directions

## Free Sparring

Boxing strategies and tactics

Three two-minute rounds

## Black Belt Essay

## Public Speaking

## Assistant Teaching

## Stamina and Strength

250 Punches, chops, etc.

100 Basic boxing combos

25 Burpees, 60 Pushups

## History and Philosophy

Comprehensive written examination

## Standardized Workout and Test

**Stamina:** 125 Hard style hand techniques (include inner and outer forearm strikes)

**Stamina:** 125 Soft style blocks in side pigeon with simultaneous counter attacks

**Stamina:** 100 Basic boxing combos (50 each side)

**Stamina and Strength:** 25 Burpees, 60 Push-ups

**Kicking:** Flying crescent/wheel kick and butterfly kicks

**Punching blocks:** With a partner (high/middle/low, inside/outside)

**Sparring:** Boxing strategies and tactics, 3 Two-minute rounds

**Weapons:** Bo 3 and applications

**Board Breaking:** Four directions

**Weapons:** Knife defense

**Aikido:** Irimi nage, Kokyo nage

**Wing Chun:** Advanced hubud (locks, traps, strikes, stick, knife)

**Judo:** Tomoe nage (round throw), randori and newaza (throwing and groundwork)

**Blocks and Punches:** Up to soft style elbow block (with double blocking and counterattacks)

**Kata and Apps:** Kata 1 to Chinte (with applications), Tension form, Fighting form

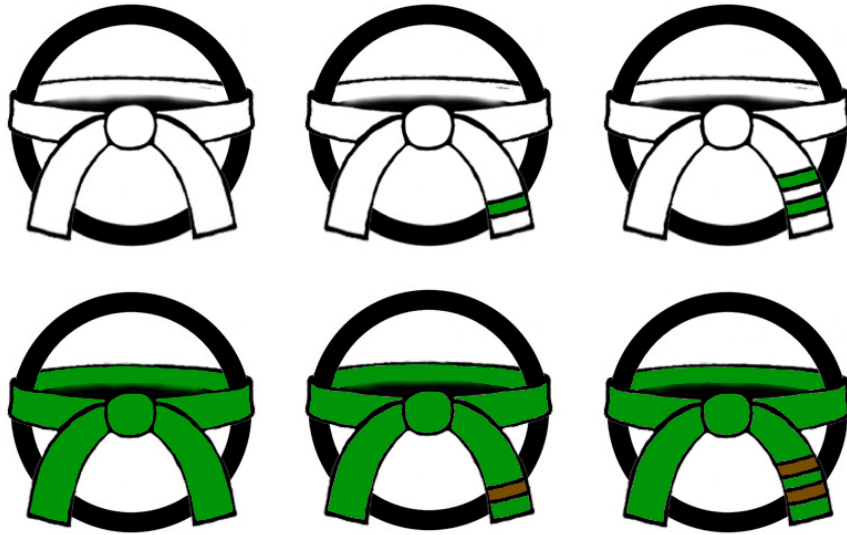
**Philosophy:** Philosophy review, History review, Code of Ethics

## **Transitioning from the Children's to the Adult Curriculum**

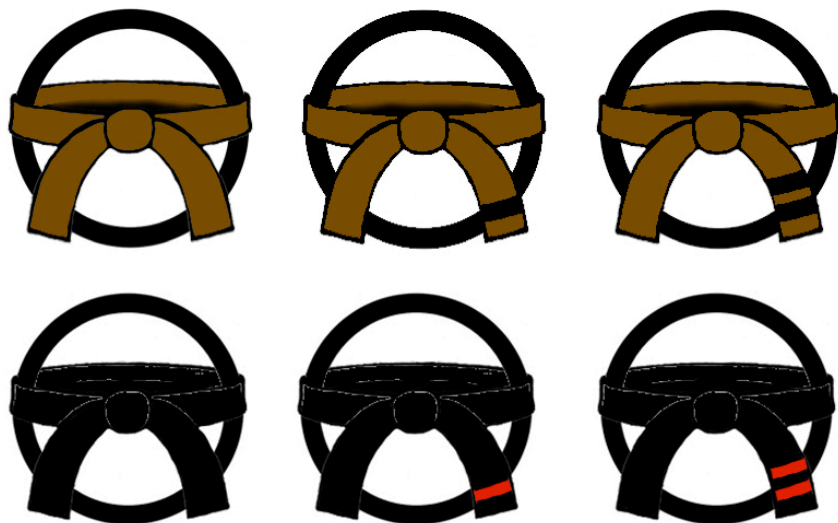
While the children's and adult's curriculums roughly parallel each other, there are some discrepancies. While the children's curriculum continues through junior black belt, there are times when a student might outgrow the kids' class and desire to make the transition to the adult class. Transitioning to the adult curriculum looks different for every student based on his or her personal needs and abilities, but there are generally two paths:

- 1) The first path is to start all over at white belt in the adult class, relearning the adult curriculum from the beginning. Advancement would naturally be accelerated according to the student's abilities. While this path is longer, it gives the student the advantage of relearning the entire curriculum at a much deeper level. This path is best for a student who needs additional time to mature before he or she achieves a level of discipline and skill commensurate to an equivalent adult rank.
- 2) The second path is to study the adult curriculum up to one's current rank, learning any missing curriculum material along the way. After the student has met all the requirements and expectations, he or she would be tested before being allowed to make a direct transition to an adult rank of the same level. This path is best for a more skilled student who has a good understanding of the entire curriculum up to their current rank.





## Part Two: ADULT CURRICULUM



## **Walking the Path**

The path to black belt can be daunting, to say the least. It is said that every journey begins with a single step, and that a slow and steady pace wins the race. This has never been truer than when training in the martial arts. Taking responsibility for your training by becoming an active participant in your martial arts education increases your results and is simply a matter of proper effort. It takes discipline and dedication to find the time, energy, and motivation to train. To get the most out of your martial arts training, you need to commit to doing the following:

- Attend class regularly
- Give 100% effort
- Practice at home
- Keep a training log
- Read manuals and watch instructional videos
- Read other martial arts books and write reviews (see our dojo library!)
- Compile a martial arts portfolio reflecting your readiness to test

These tasks take time to develop and do well, but they are guaranteed to enhance your entire experience as a martial artist.

First, attend class regularly and apply yourself 100%. Good attendance and consistent effort on your part will help create a solid foundation upon which all your future lessons will be based. You don't get disciplined by cutting yourself breaks, and your learning doesn't stop after class.

In addition to going to class, you should practice regularly at home. These sessions can be short or long depending on your time, but every minute counts. Home workouts can include reviewing the curriculum up to your rank using support materials such as the Cuong Nhu manuals as well as the many documents and videos available to you on the Satori Dojo website. You can also use the Standardized Workout and Test (SWAT) sheets to guide your training. Let your instructor know where you need more help so that he/she can help you to improve.

Keeping a training log is an important learning tool. This could be a simple calendar or notebook. Record when you train, for how long, and a short description of what you practiced. Attendance totals will be needed for your training summary sheet.



# Tracking Your Progress

Use a copy of your requirement page as checklist to help keep track of your training. If you have read about a technique, mark it with an X. Once you have been formally taught a technique, add a check, and each time you practice on your own, add a tally mark. For example:

	<b>Satori Dojo</b> <b>Adult Curriculum</b> <b>One Green Stripe</b>	
Techniques	Training	Testing
<b>Stances</b> <input checked="" type="checkbox"/> Natural stance <input checked="" type="checkbox"/> Attention stance <input checked="" type="checkbox"/> Rectangular stance <input checked="" type="checkbox"/> Kicking stance <input checked="" type="checkbox"/> Forward stance <input checked="" type="checkbox"/> Cat stance <input checked="" type="checkbox"/> Diagonal stance  <b>Hand Techniques</b> <input checked="" type="checkbox"/> Lunge punch <input checked="" type="checkbox"/> Reverse punch	<b>Kata and Bunkai</b> <input checked="" type="checkbox"/> Taikyoku <input checked="" type="checkbox"/> Kata 2-5  <b>Kumite</b> Blitz attack  <b>Blocks and Punches</b> Basic blocking with consecutive counterattacks (lower, middle, rising)	<b>Time in Rank</b> <input checked="" type="checkbox"/> Three months <input checked="" type="checkbox"/> 24 classes  <b>History and Philosophy</b> <input checked="" type="checkbox"/> History of Cuong Nhu <input checked="" type="checkbox"/> History of Shotokan Karate <input checked="" type="checkbox"/> Three-O's Principle Code of Ethics: Tenet 1 <input checked="" type="checkbox"/> Five Firsts for Friendship <input checked="" type="checkbox"/> Five S's for Warm-ups <input checked="" type="checkbox"/> Five A's for Self Defense

For each rank, you will be required to complete a written examination on martial arts history and Cuong Nhu philosophy. Knowing this material impacts your martial arts and life in general. Making a set of “philosophy flashcards” will help you study. When you are ready to take the test, print and complete your written exam (available on the website), then turn it in to your instructor for grading. Completed exams are due two weeks before the test.

For some ranks, you are required to write an essay. Instructors can help you with brainstorming and editing your essay. Give yourself time to rewrite and revise well before your due date.

Reading books compliments your understanding of your training and of the martial arts in general. Writing a book review will help you to process what you’ve read. All the books on Satori Dojo’s recommended reading list are available from our dojo library.

Your training summary sheet reflects your training efforts since your last promotion. Think of it as your martial arts resume. Include information such as time in rank, number of workouts, and special events like seminars or tournaments. Show that you have fulfilled the requirements for your next rank and are fully prepared to test. Include this sheet along with your written paper and graded exams, and send it to your instructor in a single PDF document (less than 25 MB) at least two weeks before your test.



## ***SAMPLE TRAINING SUMMARY SHEET***

**Andrea Hilborn**  
**One Brown Stripe Candidate**  
**Satori Dojo, Phoenixville, PA**  
(All info since last promotion)



**Age: 46**  
**Date of Birth: 1/16/70**  
**Current Rank: Green Belt**

**Last Promotion: 12/05/2014**  
**Test Date: 4/9/2016**  
**Time in Rank: 16 Months**



### **Number of Workouts**

**Requirement for rank: 24**

**Number of workouts: 42**

(Workouts average at least 90 minutes per session)



### **Noteworthy Activities**

Assisted with the 2015 Satori Dojo In-house tournament  
Participated in the 2015 Dogwood Parade  
Attended IATC 2015  
Performed in self defense demo at the Phoenixville Kiwanis Children's Plaza  
Assisted Sensei Kathy with the Women's Self Defense class at NASA  
Completed P90-X workout program  
Helped develop the Satori Dojo Kick or Treat event  
Participated and ranked second in the Taiji Fencing Tournament  
Currently participate in Modern Gladiatorial Arts classes, Saturdays 4-6pm.

### **Seminars Attended:**

12/5/2014	Aikido with Sensei David Killian
3/15/2015	Hapkido with Guru Perry Zmugg
5/27/2015	Sparring with Sensei Joe Montague
10/15/2015	Push hand drills and High intensity interval training with Master John Kay



### **Martial Arts Reading Log**

<b>Date</b>	<b>Title (author)</b>	<b>Pages</b>	<b>Book Report</b>
3/2015	The Gift of Fear (Gavin De Becker)	384	Yes



### **Rank History**

<b>Rank</b>	<b>Date</b>	<b>Tester</b>
Start Date in Cuong Nhu	06/2013	NA
One Green Stripe	10/10/2013	Master Joe Varady
Two Green Stripes	04/5/2014	Sensei Xuan Nguyen
Green Belt	12/06/ 2014	Master Kirk Farber

# SWAT Sheets

Standardized workouts and tests, or SWAT Sheets, are designed to provide our instructors and students with a concrete, yet flexible, framework for effective instruction, training, and testing. The SWAT Sheets are useful guidelines that help create and grow motivated, successful instructors and students over time, which raises the bar of everyone's martial arts abilities.

Each workout is tailored specifically to include all of the requirements for each rank, in a series of creative, progressive exercises. Initially, as instructors learn how to teach and students learn how to train, the SWAT Sheets are best used by teaching and executing the exercises in the order in which they appear because the exercises are cumulative and build upon previous drills and activities. However, they are not designed to constrain teaching or training. Experienced instructors and growing students will develop their own ways of using the SWAT Sheets to enhance the delivery of instruction, learning of material, and manner of practicing over time.

Optimally, the SWAT sheet should be completed in a single workout. Obviously, this will not always be the case, especially during the early phases of training for a new rank. Instructors must learn to read their group's ability level. It is important to move at an appropriate learning pace for the particular group of students you are instructing at that moment. If you go too fast, the students may get frustrated, and if you move too slowly, they may get bored.

It is important that instructors know how to differentiate instruction to meet particular student needs. Support the students as they are learning, then challenge them more as they become more proficient.

After several months of consistent instruction and practice, students should become proficient at all exercises in the SWAT Sheet. At that time, they may be considered for promotion to their next rank. Students can use these SWAT Sheets to prepare on their own for their rank test.

**SWAT sheets are cumulative.** Therefore, instructors may draw at any time from any SWAT Sheets for the current rank and below.



## **Home Study Checklists**

While much of your martial arts training occurs in the dojo during normal class times, there are other aspects of your training that you must be responsible for, because only you can do them. Therefore, the Home Study Checklist is an important part of your martial arts training at Satori Dojo, because it allows you to keep track of these vital portions of your training that are often otherwise overlooked.

### **Videos and Practice**

Watching Satori Dojo's instructional videos (available on our YouTube channel) is like taking class, but at your own pace in the comfort of your own home, or anywhere for that matter. Studying the videos is another way of reinforcing the material that you have already been taught in class. It is recommended that you eventually watch each video at least 3 times at intervals optimal for your learning.

It is also essential that you practice what is presented in each video on your own until you feel comfortable performing the material. It is recommended that you train the material from each video at least 3 times before testing for your next rank.

### **History and Philosophy**

Studying martial arts history is important because the knowledge you gain provides you with a greater perspective of the evolution, and hence current condition, of the martial arts. This perspective helps lead to a deeper understanding of the universal concepts that exists between styles.

We also study Cuong Nhu Philosophy. The philosophy is chunked into easily memorized lists, but closer examination can reveal valuable wisdom concerning everything from training to interpersonal relationships to personal happiness.

### **Reading**

Like learning history and philosophy, reading books related to your physical studies will help your development into a well-rounded and educated martial artist.

**Recommended Reading:** You should read the specific martial arts related book recommended for each rank. Specific titles are provided and available from the dojo library. There is also space for an additional martial arts related book of your choosing. Writing a book report afterwards will help you to process the material and its relevance to your training.

# Testing Procedures

At Satori dojo, we are constantly looking for the best ways to support our students. This has led us to update and improve our current testing procedures for adults. It is our hope that the guidelines below will lay out a clear path of advancement for every student.

**Step 1:** Attend classes regularly. Use the Satori Dojo Training Guide and videos to augment your training outside of scheduled class times. Let your instructor know specifically what material you need help with. Fill out the Home Study Checklists as you review and practice each technique.

**Step 2:** When you feel you are ready, submit a video of you performing each requirement to the testing panel for review. Present yourself in a professional manner (clean gi, framed well, no distractions, etc.). Use the Rank/Progression Chart (below) as your checklist. When you have successfully completed a video review of all of the progressions for your rank, you will be ready for step 3.

**Step 3:** Once you have completed all of the requirements for testing, including written exam, training summary sheet, etc., we will schedule an in-person test based on, but not limited to, the SWAT sheet for the rank you are testing for. This means that you will know the majority of what will be asked of you ahead of time. The goal is to help **you** be as prepared as possible and set you up for **SUCCESS!**

**Black Belt:** As a culminating activity, a candidate testing for the rank of Black Belt should complete a *cumulative* curriculum review, submitting the videos to a panel of instructors for approval. While this time consuming task requires determination and persistence, the act of making the videos helps the candidate to develop a critical eye, refined technique, and an enhanced understanding of the curriculum.

Rank	1 Gr.	2 Gr.	Green	1 Br.	2 Br.	Brown	1 Bl.	2 Bl.	Black
Kata & Bunkai	1	2	3	4	5	6	7	8	-
Kumite	1	2	3	4	5	6	7	8	-
Blocks & Punches	1	2	3	4	5	-	-	-	-
Self Defense	1	2	3	-	-	4	-	-	5
Judo	1	-	-	2	3	4	-	-	5
Boxing	1	2	3	-	-	4	-	-	5
Traditional WC	1	2	3	-	4	5	-	-	-
Progressive WC	1	2	3	4	-	-	-	-	5
Aikido	-	-	-	1	2	-	3	4	5
Tambo	-	-	1	2	3	4	-	5	-
Bo	-	-	-	1	2	3	4	5	-
Stamina	1	2	3	-	-	4	-	-	5
Total Per Rank	9	8	9	8	8	9	4	5	6



# Adult Curriculum

## One Green Stripe



### **Techniques**

#### **Stances**

Natural stance  
Attention stance  
Rectangular stance  
Kicking stance  
Forward stance  
Cat stance  
Diagonal stance

#### **Hand Techniques**

Lunge punch  
Reverse punch  
Tiger claw  
Inner chop  
Jab/Cross  
Vertical punch  
Downward elbow

#### **Blocking Techniques**

Lower block  
Inner middle block  
Rising block  
Pak sao (slapping hand)

#### **Leg Techniques**

Upward knee strike  
Front snap kick  
Front thrust kick

#### **Footwork**

Stepping (adv./retreating)  
Return (reverse direction)

#### **Matwork**

Forward roll  
Uki goshi  
Low side drop

### **Training**

#### **Kata and Bunkai**

Taikyoku  
Kata 2-5

#### **Kumite**

Blitz attack

#### **Blocks and Punches**

Lower, middle, rising  
Consecutive counters

#### **Self Defense**

Tiger Claw

#### **Judo**

Uki goshi  
Low side drop

#### **Boxing**

Jab / Cross

#### **Traditional**

##### **Wing Chun**

Pak sao drills  
Centerline principles

#### **Progressive**

##### **Wing Chun**

Pak Sao / Da

#### **Stamina**

5 Burpees  
20 Palm push-ups

### **Testing**

#### **Time in Rank**

Three months  
24 classes

#### **History and Philosophy**

Three-O's Principle  
5 Firsts for Friendship  
5 A's for Self Defense  
Code of Ethics: Tenet 1  
History of Cuong Nhu  
History of Shotokan

#### **Written Exam**

Due 2 weeks before test

#### **Training Summary**

Due 1 week before test





1. **Philosophy:** Three-O's Principle
2. **Stamina:** Punches and blocks in rectangular stance (up to 100)
3. **Combo 1:** Lunge w/chop or block, shift to rectangular w/punch
4. **Kata and Bunkai:** Taikyoku (Kata 1)
5. **Self-Defense:** Tiger claw
  
6. **Warm-down/Philosophy:** Code of Ethics: Tenet 1
7. **Stamina:** 5 Burpees
8. **Mat Work:** Forward roll, uki goshi, low side drop
9. **Boxing:** Jab and cross
10. **Traditional Wing Chun:** Pak sao drills
  
11. **History:** Cuong Nhu
12. **Stamina:** 20 palm push-ups
13. **Kata and Bunkai:** Kata 2
14. **Combo 2:** Cat stance w/middle block, diagonal w/lower block, front snap kick, land back in forward stance w/reverse punch
15. **Progressive Wing Chun:** Pak sao/Da
  
16. **Philosophy:** 5 Firsts for Friendship
17. **Stamina:** Lunging punches, chops, front kicks, and blocks (up to 100)
18. **Kumite:** Blitz Attack
19. **Combo 3:** Diagonal stance w/block, shift to forward stance w/rev. punch, rear leg kick, land in forward stance w/inner chop
20. **Blocks and Punches:** Lower, middle, rising w/consecutive counters
  
21. **Philosophy:** 5 A's for Self Defense
22. **Kata:** Kata 3 & 4
23. **Stance drill:** Cat, diagonal, forward w/hands on hips
24. **Kata:** Kata 5 (Machine Gun Kata), Modified Kata
25. **History:** Shotokan Karate



# Home Study Checklist for One Green Stripe



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Stances	_____	_____	_____	_____	_____	_____
Hand Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
Boxing	_____	_____	_____	_____	_____	_____
Traditional Wing Chun	_____	_____	_____	_____	_____	_____
Progressive Wing Chun	_____	_____	_____	_____	_____	_____
Blocks and Punches	_____	_____	_____	_____	_____	_____
Judo	_____	_____	_____	_____	_____	_____
Kata 1	_____	_____	_____	_____	_____	_____
Kata 2	_____	_____	_____	_____	_____	_____
Kata 3	_____	_____	_____	_____	_____	_____
Kata 4	_____	_____	_____	_____	_____	_____
Kata 5	_____	_____	_____	_____	_____	_____
Kumite	_____	_____	_____	_____	_____	_____
Self Defense	_____	_____	_____	_____	_____	_____
Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History	_____	_____	_____	_____	_____
Study Cuong Nhu Philosophy	_____	_____	_____	_____	_____

## Reading

**White Belt Training Manual** Pgs. 1-51 \_\_\_\_\_

**Best Karate: Comprehensive, Vol. 1** \_\_\_\_\_

**Book Report** Yes No

**Optional Reading** \_\_\_\_\_

**Book Report** Yes No



# Adult Curriculum

## Two Green Stripes



### Techniques

#### Stances

Side stance  
Back stance

#### Hand Techniques

Backfist strike  
Spearhand thrust  
Outer horizontal chop  
Hook  
Uppercut

#### Blocking Techniques

Knifehand block  
Outer block  
Reinforced middle block  
X-block  
Bong sao  
Tan sao

#### Leg Techniques

Stamping kick  
Side thrust kick  
Back thrust kick  
Roundhouse knee strike  
Roundhouse kick

#### Footwork

Shuffle  
Crossover  
Hopping

#### Matwork

Backdrop  
Backward roll

### Training

#### Kata and Bunkai

Pinan 1  
Pinan 2

#### Kumite

Load and explode

#### Blocks and Punches

Up to knifehand block  
Simultaneous counters

#### Self Defense

Stamping kick

#### Boxing

Hook / Uppercut

#### Traditional Wing Chun

Bong sao / Tan sao

#### Progressive Wing Chun

Bong sao / Lap sao

#### Stamina

10 Burpees  
20 Palm push-ups  
20 Knuckle push-ups

### Testing

#### Time in Rank

Four months  
32 classes

#### History and Philosophy

5 Steps to Health  
5 R's for Self Defense  
7 Styles of Influence  
Code of Ethics: Tenet 2  
History of Boxing

#### Written Exam

Due 2 weeks before test

#### Training Summary

Due 1 week before test



1. **Warm-up/Philosophy:** 7 Main Styles of Influence
2. **Stamina:** Punches and blocks in rectangular stance (up to 150)
3. **Combo 1:** Jab, cross, front kick, roundhouse kick
4. **Kata and Bunkai:** Pinan 1
5. **Self Defense:** Stamping kick
  
6. **Philosophy:** Code of Ethics: Tenet 2
7. **Stamina:** 10 Burpees
8. **Mat Work:** Backdrop, Backward roll
9. **Combo 2:** Shuffle in side stance w/outer block, hop side thrust kick, land in forward stance w/lead hand backfist and reverse punch
10. **Traditional Wing Chun:** Bong sao/ Tan sao
  
11. **History:** Boxing
12. **Stamina:** 20 palm push-ups
13. **Kata and Bunkai:** Pinan 2
14. **Combo 3:** Back stance w/knifehand block, shift to forward stance w/reverse punch, back kick, cross in front roundhouse kick
15. **Progressive Wing Chun:** Bong / Lap
  
16. **Philosophy:** 5 R's for Self Defense
17. **Stamina:** Lunging punches, chops, kicks, and blocks (up to 100)
18. **Kumite:** Load and explode
19. **Combo 4:** Modern guard, backfist, roundhouse kick, side kick
20. **Blocks and Punches:** Up to knifehand w/simultaneous counters
  
21. **Stamina:** Lunging punches, chops, front kicks, and blocks (up to 150)
22. **Kicking Drill:** Front snap kick, side thrust kick, back thrust kick
23. **Combo 5:** Forward stance w/lower X-block, back stance w/reinforced block, side thrust kick, land in forward stance w/simultaneous block and reverse punch
24. **Boxing:** Hook / Uppercut
25. **Warm-down/Philosophy:** 5 Steps to Health



# Home Study Checklist for Two Green Stripes



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Stances	_____	_____	_____	_____	_____	_____
Hand Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
Boxing	_____	_____	_____	_____	_____	_____
Traditional Wing Chun	_____	_____	_____	_____	_____	_____
Progressive Wing Chun	_____	_____	_____	_____	_____	_____
Blocks and Punches	_____	_____	_____	_____	_____	_____
Judo	_____	_____	_____	_____	_____	_____
Pinan 1	_____	_____	_____	_____	_____	_____
Pinan 2	_____	_____	_____	_____	_____	_____
Kumite	_____	_____	_____	_____	_____	_____
Self Defense	_____	_____	_____	_____	_____	_____
Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History	_____	_____	_____	_____	_____
Study Cuong Nhu Philosophy	_____	_____	_____	_____	_____

## Reading

White Belt Training Manual Pgs. 53-83 \_\_\_\_\_

Best Karate: Fundamentals, Vol. 2 \_\_\_\_\_

Book Report      Yes      No

Optional Reading \_\_\_\_\_

Book Report      Yes      No



## Adult Curriculum Green Belt

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### Techniques

#### Stances

Forward parallel stance  
Hook stance  
Inward stance

#### Hand Techniques

Outer diagonal chop  
Palm heel strikes  
Fook sao (resting hand)  
Elbow strikes  
    Upward  
    Backward  
    Forward  
    Side  
Roundhouse  
Back roundhouse

#### Blocking Techniques

Side elbow block  
Double forearm block  
Sliding block  
Sweeping block

#### Leg Techniques

Side snap kick  
Crescent kick  
Shin block  
Deflecting shin block  
Rear leg knee charge

#### Footwork

Sliding

#### Matwork

Front drop  
Front tumble breakfall

### Training

#### Kata and Bunkai

Pinan 3

#### Kumite

Rear knee charge  
3 one-minute rounds

#### Blocks and Punches

Up to elbow block  
Double blocking

#### Self Defense

Elbow set

#### Boxing

Basic defense

#### Traditional Wing Chun

Siu Nim Tao  
Applications

#### Progressive Wing Chun

Fook sao / Da

#### Tambo

Yang grip basics

#### Stamina

15 Burpees  
20 Palm push-ups  
20 Knuckle push-ups  
10 Fingertip push-ups

### Testing

#### Time in Rank

Five months  
40 classes

#### History and Philosophy

5 P's of Achievers  
5 Alls for Self Defense  
5 S's for Warm-ups  
Code of Ethics: Tenet 3  
History of Wing Chun

#### Written Exam

Due 2 weeks before test

#### Training Summary

Due 1 week before test





1. **Warm-up/Philosophy:** 5 S's for Warm-ups
2. **Stamina:** Punches and blocks in rectangular stance (up to 150)
3. **Combo 1:** Side stance w/palm heel block, spin behind back  
roundhouse elbow strike, shift to forward stance with 6 palm heel  
strikes, finish with roundhouse elbow strike
4. **Kata and Bunkai:** Pinan 3
5. **Self Defense:** Elbow set
6. **Philosophy:** Code of Ethics: Tenets 3
7. **Stamina:** 15 Burpees
8. **Mat Work:** Front drop and Front tumble breakfall
9. **Combo 2:** Double forearm block and shin block, side thrust kick,  
roundhouse kick, land with hand techniques
10. **Progressive Wing Chun:** Fook sao / da
11. **History:** History of Wing Chun
12. **Kicking:** Side snap kicks and side thrust kicks
13. **Traditional Wing Chun:** Siu Nim Tao and applications
14. **Combo 3:** Deflecting knee block, crescent kick into side thrust kick,  
land with lead hand sliding block and rear hand vertical punch
15. **Kumite:** 3 one-minute rounds
16. **Philosophy:** 5 Alls for Self Defense
17. **Stamina:** Lunging punches, chops, kicks, and blocks (up to 150)
18. **Kumite:** Rear knee charge
19. **Combo 4:** Jab, cross, multiple level roundhouse kick
20. **Blocks and Punches:** Double blocking (up to elbow)
21. **Boxing:** Basic defense (blocking and the clinch)
22. **Elbow Drill:** Elbow Kata
23. **Kicking:** Front snap kick, roundhouse kick, sliding side thrust kick
24. **Tambo:** Yang grip basics
25. **Warm-down/Philosophy:** 5 P's of Achievers



# Home Study Checklist for Green Belt



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Stances and Footwork	_____	_____	_____	_____	_____	_____
Hand Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
Boxing	_____	_____	_____	_____	_____	_____
Traditional Wing Chun	_____	_____	_____	_____	_____	_____
Progressive Wing Chun	_____	_____	_____	_____	_____	_____
Blocks and Punches	_____	_____	_____	_____	_____	_____
Judo	_____	_____	_____	_____	_____	_____
Pinan 3	_____	_____	_____	_____	_____	_____
Tambo	_____	_____	_____	_____	_____	_____
Kumite	_____	_____	_____	_____	_____	_____
Self Defense	_____	_____	_____	_____	_____	_____
Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Cuong Nhu Philosophy \_\_\_\_\_

## Reading

White Belt Training Manual Pgs. 85-105 \_\_\_\_\_

Karate-Do: My Way of Life by Gichin Funakoshi \_\_\_\_\_

Book Report Yes No

Optional Reading \_\_\_\_\_

Book Report Yes No



# **Adult Curriculum**

## **One Brown Stripe**



### **Techniques**

#### **Stances**

X-stance

#### **Hand Techniques**

Close punch

#### **Blocking Techniques**

Shovel block

Backhand block

Wedge block

Arrow block

Soft lower block

Soft inner middle block

Soft rising block

#### **Leg Techniques**

Heel kick

Jump front kick

Flying front kick

Flying roundhouse kick

Foot sweeps:

arch, instep, heel

#### **Footwork**

Tenkan (turning)

#### **Matwork**

Kote gaeshi (bent wrist)

Osoto gari (large outer reap)

Kosoto gari (sm. outer reap)

Kesa gatame (scarf hold)

Ouchi gari (big inner reap)

Kouchi gari (sm. inner reap)

Guard position

Yoko shiho gatame

(side 4-corner hold)

Ude garami

(entangled armlock)

### **Training**

#### **Kata and Bunkai**

Pinan 4

#### **Kumite**

High-low-high

3 one-minute rounds

#### **Blocks and Punches**

Up to soft rising block

Soft style blocking

#### **Judo**

Foot sweeps and pins

#### **Progressive Wing Chun**

Hubud

#### **Aikido**

Kote-gaeshi (wrist twist)

#### **Tambo**

Yin grip basics

#### **Bo**

Basic kobudo drills

#### **Stamina**

15 Burpees

20 Palm push-ups

20 Knuckle push-ups

20 Fingertip push-ups

### **Testing**

#### **Time in Rank**

Five months

40 classes

#### **History and Philosophy**

10 Don'ts for Sparring

5 Sources of Power

Code of Ethics: Tenet 4

History of Judo

#### **Written Exam**

Due 2 weeks before test

#### **Training Summary Sheet**

Due 1 week before test



1. **Warm-up/Philosophy:** 5 Sources of Power
2. **Stamina:** 30 Boxing combinations (jab, cross, hook, uppercut)
3. **Aikido:** Tenkan stepping
4. **Kata and Bunkai:** Pinan 4
5. **Aikido:** Kote-gaeshi (wrist twist) and finishes (gooseneck)
  
6. **Combo:** Z-letter lunge inner chop, round kick, forward reverse punch
7. **Stamina:** 15 Burpees
8. **Kumite:** Footsweeps (arch, instep, heel)
9. **Combo 1:** Sparring stance, soft style lower block, front kick, roundhouse kick, rising block, close punch, uppercut
10. **Progressive Wing Chun:** Hubud
  
11. **History:** Judo
12. **Stamina:** 20 Fingertip push-ups
13. **Tambo:** Yin grip basics
14. **Kicking:** Jumping and flying front kick, flying roundhouse kick
15. **Stamina:** 20 Palm push-ups
  
16. **Philosophy:** 10 Don'ts for Sparring
17. **Kumite:** High-low-high
18. **Kumite:** 3 one-minute rounds
19. **Blocks and Punches:** Soft style blocking
20. **Combo 2:** Side stance w/rear hand shovel block and front hand downward elbow strike, instep sweep, step behind heel kick
  
21. **Blocks and Punches:** Moving with hard and soft style blocking
22. **Judo:** Foot sweeps and pins
23. **Wing Chun:** Hubud into footsweeps and pins
24. **Bo:** Basic Kobudo
25. **Warm-down/Philosophy:** Code of Ethics: Tenet 4



# Home Study Checklist for One Brown Stripe



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Stances and Footwork	_____	_____	_____	_____	_____	_____
Blocking Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
Progressive Wing Chun	_____	_____	_____	_____	_____	_____
Blocks and Punches	_____	_____	_____	_____	_____	_____
Pinan 4	_____	_____	_____	_____	_____	_____
Judo	_____	_____	_____	_____	_____	_____
Aikido	_____	_____	_____	_____	_____	_____
Bo	_____	_____	_____	_____	_____	_____
Tambo	_____	_____	_____	_____	_____	_____
Kumite	_____	_____	_____	_____	_____	_____
Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Cuong Nhu Philosophy \_\_\_\_\_

## Reading

Green Belt Training Manual Pgs. 1-36 \_\_\_\_\_

Zen in the Martial Arts by Joe Hyams \_\_\_\_\_

Book Report                      Yes                      No

Optional Reading \_\_\_\_\_

Book Report                      Yes                      No

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# Adult Curriculum

## Two Brown Stripes



### Techniques

#### Stances

Turtle stance  
Serpent stance

#### Hand Techniques

U punch  
Hammerfist strike  
(w/top and bottom fist)  
Ridgehand strike  
(inner/outer)

#### Blocking Techniques

Downward forearm block  
Bottom hammer fist block  
Soft outer block (monkey)  
Soft knifehand block  
(crane)  
Soft elbow block  
Grasping block

#### Leg Techniques

Wheel kick  
Dropping kick  
Flying double front kick  
Low spinning footsweeps

#### Matwork

Ogoshi (large hip throw)  
Side drop  
Ude gatame (armlock)  
Ude hiza gatame  
(knee armlock)  
Ude osae (arm press)  
Ikkyo pin

### Training

#### Kata and Bunkai

Pinan 5

#### Kumite

Alley of Opportunity  
3 one-minute rounds

#### Blocks and Punches

Up to soft elbow block  
Hard double blocking  
with counters

#### Judo

Hip throw and armlocks

#### Traditional Wing Chun

Dan chi sao  
(single arm chi sao)

#### Aikido

Ude osae (arm turn)  
Pins and finishes

#### Tambo

Tambo 1 and applications

#### Bo

Advanced kobudo drills

#### Stamina

15 Burpees  
20 Palm push-ups  
20 Knuckle push-ups  
20 Fingertip push-ups  
10 One-arm push-ups

### Testing

#### Time in Rank

Five months  
40 classes

#### History and Philosophy

5 D's of a Winner  
8 Sources of Learning  
Code of Ethics: Tenet 5  
History of Aikido

#### Written Exam

Due 2 weeks before test

#### Training Summary Sheet

Due 1 week before test



# S.W.A.T.

**Standardized Workout and Test**



**Two Brown Stripes**

1. **Warm-up/Philosophy:** 5 D's of a Winner
2. **Stamina:** 20 Fingertip push-ups
3. **Combo 1:** Forward stance w/bottom hammerfist block, step through with inner and outer ridgehand strikes
4. **Kata and Bunkai:** Pinan 5
5. **Aikido:** Ude osae (arm pin), with pins and finishes
6. **Wing Chun:** Hubud into ude osae
7. **Stamina:** 15 Burpees
8. **Kicking:** Low spinning footsweeps
9. **Combo 2:** Crescent kick into wheel kick, land in diagonal stance w/bottom hammerfist strike, drop to turtle stance w/front hand sliding block and rear hand spearhand strike
10. **Traditional Wing Chun:** Dan chi sao (single arm chi sao)
11. **History:** Aikido
12. **Stamina:** 10/10 One-armed push-ups
13. **Tambo:** Tambo 1 and applications
14. **Combo 3:** Flying double front kick, land in forward stance with grasping block and hook punches
15. **Kumite:** 3 one-minute rounds
16. **Philosophy:** 8 Sources of Learning
17. **Stamina:** 20 Palm push-ups
18. **Kumite:** Alley of opportunity
19. **Combo 4:** Heel kick, roundhouse kick, land w/downward forearm block, bottom hammerfist strike (same hand), uppercut punch
20. **Blocks and Punches:** Double blocking w/counters, up to soft elbow
21. **Kicking:** Dropping kicks
22. **Judo:** Hip throw and armlocks
23. **Kicking:** Double low spinning footsweeps
24. **Bo:** Advanced kobudo drills
25. **Warm-down/Philosophy:** Code of Ethics: Tenet 5



# Home Study Checklist for Two Brown Stripes



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Stances	_____	_____	_____	_____	_____	_____
Hand Techniques	_____	_____	_____	_____	_____	_____
Blocking Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
Traditional Wing Chun	_____	_____	_____	_____	_____	_____
Blocks and Punches	_____	_____	_____	_____	_____	_____
Pinan 5	_____	_____	_____	_____	_____	_____
Judo	_____	_____	_____	_____	_____	_____
Aikido	_____	_____	_____	_____	_____	_____
Bo	_____	_____	_____	_____	_____	_____
Tambo	_____	_____	_____	_____	_____	_____
Kumite	_____	_____	_____	_____	_____	_____
Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History	_____	_____	_____	_____	_____
Study Cuong Nhu Philosophy	_____	_____	_____	_____	_____

## Reading

Green Belt Training Manual Pgs. 39-64 \_\_\_\_\_

Tao of Jeet Kune Do by Bruce Lee \_\_\_\_\_

Book Report                      Yes                      No

Optional Reading \_\_\_\_\_

Book Report                      Yes                      No



## Adult Curriculum Brown Belt

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### Techniques

#### Hand Techniques

Tiger mouth strike

#### Blocking Techniques

Chicken head block

(upward ridgehand)

Palm corner block (ox jaw)

Circular chop block

#### Leg Techniques

Reverse crescent kick

Inside roundhouse kick

Axe kick (inside/outside)

Jump back side kick

Flying side kick

Flying front/round kick

#### Matwork

Seoi-nage (shoulder throw)

Yoko-otoshi (side drop)

Tani-otoshi (valley drop)

Mount position

Juji-jime (cross choke)

Juji-gatame (cross armlock)

### Training

#### Kata and Bunkai

Jutte

#### Kumite

Broken rhythm

3 two-minute rounds

#### Self Defense

Tambo defense

#### Judo

Mount and finish

#### Boxing

Evasion

#### Traditional Wing Chun

Double arm chi sao

#### Tambo

Tambo vs. tambo disarms

Tres-tres

#### Bo

Basic middle grip

Bo 1 and applications

#### Stamina

20 Burpees

20 Palm push-ups

20 Knuckle push-ups

20 Fingertip push-ups

15 One arm push-ups

#### Board Breaking

One set by weight

### Testing

#### Time in Rank

Five months

45 classes

#### Public Speaking

Two minutes in class

#### Essay

Two pages typed.

Brief bio, reasons for  
training and related life  
experiences.

Due 2 weeks before test

#### History and Philosophy

5 Negatives in Teaching

10 Stages of Growth

History of Shaolin Chuan Fa

#### Written Exam

Due 2 weeks before test

#### Training Summary Sheet

Due 1 week before test



1. **Warm-up/Philosophy:** Five Negatives to Avoid in Teaching
2. **Stamina:** 20 Knuckle push-ups
3. **Combo 1:** Inside roundhouse kick, roundhouse kick, land with bottom hammerfist, ridgehand, uppercut
4. **Kata and Bunkai:** Jutte
5. **Self Defense:** Empty hand tambo defense
  
6. **Kicking:** Jump back-side kick
7. **Stamina:** 20 Burpees
8. **Judo:** Mount and finish
9. **Combo 2:** Reverse crescent, roundhouse, flying front/roundhouse
10. **Traditional Wing Chun:** Double arm chi sao
  
11. **History:** Shaolin Chuan Fa
12. **Stamina:** 15/15 One-arm push-ups
13. **Bo:** Bo 1 and applications (basic middle grip)
14. **Combo 3:** Front kick, hop ax kick, land with hand techniques
15. **Kumite:** 3 two-minute rounds
  
16. **Boxing:** Controlled sparring with one or two partners
17. **Stamina:** 20 Fingertip push-ups
18. **Kumite:** Broken rhythm
19. **Combo 4:** Top hammerfist, bottom hammerfist, reverse crescent kick, front thrust kick, inner chop, axe kick
20. **Board Breaking:** One set by weight
  
21. **Kicking:** Flying front/round kick
22. **Boxing:** Evasion
23. **Kicking:** Flying side kicks
24. **Tambo:** Tambo vs. tambo disarms/Tres tres
25. **Warm-down/Philosophy:** Ten Stages of Growth



# Home Study Checklist for Brown Belt



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Hand Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
Traditional Wing Chun	_____	_____	_____	_____	_____	_____
Jutte	_____	_____	_____	_____	_____	_____
Judo	_____	_____	_____	_____	_____	_____
Bo	_____	_____	_____	_____	_____	_____
Boxing	_____	_____	_____	_____	_____	_____
Board Breaking	_____	_____	_____	_____	_____	_____
Self Defense	_____	_____	_____	_____	_____	_____
Tambo	_____	_____	_____	_____	_____	_____
Kumite	_____	_____	_____	_____	_____	_____
Stamina	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Cuong Nhu Philosophy \_\_\_\_\_

## Reading

Green Belt Training Manual Pgs. 67-92 \_\_\_\_\_

Mind, Body, and Sport by John Douillard \_\_\_\_\_

Book Report Yes No

Optional Reading \_\_\_\_\_

Book Report Yes No



# Adult Curriculum

## One Black Stripe



### Techniques

#### Hand Techniques

Bent wrist strikes  
Roundhouse punch  
Looping ridgehand  
Rising punch

#### Blocking Techniques

Bent wrist blocks  
Palm push to elbow

#### Leg Techniques

Reverse dropping kick  
Spinning reverse  
crescent kick  
Flying front/side kick

#### Matwork

Shiho nage  
(four direction throw)

### Training

#### Kata and Bunkai

Empi  
Tension form

#### Kumite

Electric shock  
3 two-minute rounds

#### Aikido

Shiho nage  
(four direction throw)

#### Bo

Advanced middle grip  
Bo 2 and applications

#### Stamina

20 Burpees  
20 Palm push-ups  
20 Knuckle push-ups  
20 Fingertip push-ups  
15 One arm push-ups

#### Board Breaking

Two sets by weight

### Testing

#### Time in Rank

Six months  
60 classes

#### Leadership

Assistant teaching:  
6 months

#### History and Philosophy

5 Fears of Achievement  
5 C's for Successful Training  
History of Tai Chi Chuan

#### Written Exam

Due 2 weeks before test

#### Training Summary Sheet

Due 1 week before test





1. **Warm-up/Philosophy:** 5 Fears of Achievement
2. **Stamina:** 20 Knuckle push-ups
3. **Combo 1:** Bent wrist strikes and Bent wrist blocks moving in forward parallel stance
4. **Kata and Bunkai:** Empi/Tension Form
5. **Aikido:** Shiho-nage (four direction throw)
  
6. **Wing Chun:** Randori- controlled sparring with one or more partners
7. **Stamina:** 20 Burpees
8. **Kicking:** Reverse dropping kick
9. **Combo 2:** U-punch / rising punch into judo throw
10. **Kicking:** Spin reverse crescent kick, Flying front / side
  
11. **History:** Tai Chi Chuan
12. **Stamina:** 15/15 One-arm push-ups
13. **Bo:** Bo 2 and applications (advanced middle grip)
14. **Combo 3:** Palm push to elbow, roundhouse elbow strike, inner chop, looping ridgehand strike
15. **Kumite:** 3 two-minute rounds
  
16. **Judo:** Randori- controlled sparring with one or more partners
17. **Stamina:** 20 Fingertip push-ups
18. **Kumite:** Electric shock
19. **Board Breaking:** One set by weight
20. **Warm-down/Philosophy:** 5 C's for Successful Training



# Home Study Checklist for One Black Stripe



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Hand Techniques	_____	_____	_____	_____	_____	_____
Blocking Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
Kata: Tension Form	_____	_____	_____	_____	_____	_____
Kata: Empi	_____	_____	_____	_____	_____	_____
Aikido	_____	_____	_____	_____	_____	_____
Bo: Adv. Middle Grip	_____	_____	_____	_____	_____	_____
Bo 2	_____	_____	_____	_____	_____	_____
Kumite	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Cuong Nhu Philosophy \_\_\_\_\_

## Reading

Brown Belt Training Manual Pgs. 1-36 \_\_\_\_\_

Shotokan's Secret by Bruce Clayton \_\_\_\_\_

Book Report                      Yes                      No

Optional Reading \_\_\_\_\_

Book Report                      Yes                      No



## **Adult Curriculum** **Two Black Stripes**



### **Techniques**

#### **Hand Techniques**

Bearhand strike  
Bearhand knuckle strike  
Thumb strike  
Thumb knuckle strike  
Forefinger knuckle strike  
Middle knuckle strike  
One-finger strike  
Two-finger strike

#### **Blocking Techniques**

Funnel block

#### **Leg Techniques**

Serpent kick  
Flying front / heel kick

#### **Matwork**

Juji nage  
(crossed arm throw)

### **Training**

#### **Kata and Bunkai**

Chinte

#### **Kumite**

Dynamic blindspot  
3 two-minute rounds

#### **Aikido**

Juji nage  
(crossed arm throw)

#### **Tambo**

Tambo 2  
Applications  
Louie-ta-ta-tas

#### **Bo**

Extended grip  
Bo 3 and applications

#### **Stamina**

20 Burpees  
20 Palm push-ups  
20 Knuckle push-ups  
20 Fingertip push-ups  
15 One arm push-ups

#### **Board Breaking**

Three sets by weight

### **Testing**

#### **Time in Rank**

Six months  
60 classes

#### **Leadership**

Assistant teaching:  
6 months

#### **History and Philosophy**

5 Think Rights  
5 Controls for Self Defense  
5 'Tions for Teaching  
History of Vovinam

#### **Written Exam**

Due 2 weeks before test

#### **Training Summary Sheet**

Due 1 week before test



1. **Warm-up/Philosophy:** 5 'Tions for Teaching
2. **Stamina:** 20 Knuckle push-ups
3. **Striking drill:** Thumb, fore-knuckle, and middle-knuckle striking
4. **Kata and Bunkai:** Chinte
5. **Aikido:** Juji nage (crossed arm throw)
  
6. **Philosophy:** 5 Controls for Self Defense
7. **Stamina:** 20 Burpees
8. **Tambo:** Tres-tres and Louie Ta-ta-ta
9. **Kicking:** Serpent kick (standing, dropping, on ground), flying front / heel
10. **Tambo:** Tambo 2 and applications
  
11. **History:** Vovinam
12. **Stamina:** 15/15 One-arm push-ups
13. **Bo:** Bo 3 and applications
14. **Striking drill:** Spearhand, bear-knuckle, forefist, wrist
15. **Kumite:** 3 two-minute rounds
  
16. **Stamina:** 20 Fingertip push-ups
17. **Kumite:** Dynamic blindspot
18. **Bo:** Extended grip
19. **Board Breaking:** Three sets by weight
20. **Warm-down/Philosophy:** 5 Think Rights



# Home Study Checklist for Two Black Stripes



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Hand Techniques	_____	_____	_____	_____	_____	_____
Blocking Techniques	_____	_____	_____	_____	_____	_____
Leg Techniques	_____	_____	_____	_____	_____	_____
Kata: Chinte	_____	_____	_____	_____	_____	_____
Aikido	_____	_____	_____	_____	_____	_____
Tambo 2	_____	_____	_____	_____	_____	_____
Tambo: Louie Tatatas	_____	_____	_____	_____	_____	_____
Bo: Extended Grip	_____	_____	_____	_____	_____	_____
Bo 3	_____	_____	_____	_____	_____	_____
Kumite	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Cuong Nhu Philosophy \_\_\_\_\_

## Reading

Brown Belt Training Manual Pgs. 37-60 \_\_\_\_\_

Best Judo by Isao Inokuma \_\_\_\_\_

Book Report Yes No

Optional Reading \_\_\_\_\_

Book Report Yes No



# Adult Curriculum

## Black Belt

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### Techniques

#### Hand Techniques

Scissors punch  
Inner forearm strike  
Outer forearm strike

#### Blocking Techniques

Punching blocks  
(high, middle, low)

#### Leg Techniques

Butterfly kicks:  
Rev. crescent / crescent  
Rev. crescent / round

#### Footwork

Irimi

#### Matwork

Tomoe-nage  
(circular throw)  
Tai-otoshi (body drop)  
Harai-goshi (hip sweep)

### Training

#### Kata and Bunkai

Fighting Form

#### Self Defense

Knife defense

#### Judo

Advanced throws

#### Boxing

Strategy and tactics

#### Progressive Wing Chun

Hubud (advanced)

#### Aikido

Kokyo nage  
Irimi nage

#### Stamina

25 burpees  
20 Palm push-ups  
20 Knuckle push-ups  
20 Fingertip push-ups  
15 One arm push-ups

#### Tambo

Tambo vs. bo disarms

#### Kumite

3 two-minute rounds

#### Demonstration

Randori (karate, boxing,  
wing chun, judo, aikido,  
weapons, mixed)

#### Board Breaking

Four sets by weight

### Testing

#### Time in Rank

Six months  
72 classes

#### Public Speaking

Three minutes in class

#### Leadership

Assistant teaching

#### Essay

Two pages typed  
Brief bio, personal  
growth, reflections on past,  
analysis of the present,  
visions for the future.  
Due 3 weeks before test.

#### History and Philosophy

5 Loves of a Sensei  
Foundation for  
Peak Performance  
Code of Ethics  
Philosophy  
Martial Arts History

#### Written Exam

Due 3 weeks before test

#### Black Belt Portfolio

Due 2 weeks before test





1. **Warm-up/Philosophy:** 5 Loves of a Sensei
2. **Stamina:** 20 Knuckle push-ups
3. **Combo 1:** Inner and outer forearm strikes (hard over-the-neck)
4. **Kata:** Fighting form, Tension form
5. **Judo:** Advanced throws
  
6. **Boxing:** Strategy and tactics
7. **Stamina:** 25 burpees
8. **Self Defense:** Knife defense
9. **Combo 2:** Wheel kick, land in forward stance with scissor punch
10. **Blocks and Punches:** Double blocking w/counters, up to soft elbow
  
11. **Aikido:** Over-the-neck throw (kokyo nage and irimi nage)
12. **Stamina:** 15/15 One-arm push-ups
13. **Weapons:** Tambo disarms against the bo (lever, hook, pop)
14. **Combo 3:** Punching blocks (high, middle, low)
15. **Kumite:** 3 two-minute rounds (weapons, kumite, randori, newaza)
  
16. **Progressive Wing Chun:** Hubud (advanced)
17. **Stamina:** 20 Fingertip push-ups
18. **Board Breaking:** Four sets by weight
19. **Randori:** (karate, boxing, wing chun, judo, aikido, weapons, mixed)
20. **Warm-Down/Philosophy:** Foundation for Peak Performance



# Home Study Checklist for Black Belt



## Videos and Practice

<u>Video</u>	<u>Dates Viewed</u>			<u>Dates Practiced</u>		
Hand Techniques	_____	_____	_____	_____	_____	_____
Blocking Techniques	_____	_____	_____	_____	_____	_____
Boxing	_____	_____	_____	_____	_____	_____
Progressive Wing Chun	_____	_____	_____	_____	_____	_____
Kata: Fighting Form	_____	_____	_____	_____	_____	_____
Judo	_____	_____	_____	_____	_____	_____
Aikido	_____	_____	_____	_____	_____	_____
Tambo vs. Bo	_____	_____	_____	_____	_____	_____
Self Defense	_____	_____	_____	_____	_____	_____
Blocks and Punches	_____	_____	_____	_____	_____	_____

## History and Philosophy

Study Martial Arts History \_\_\_\_\_

Study Cuong Nhu Philosophy \_\_\_\_\_

## Reading

Brown Belt Training Manual Pgs. 62-86 \_\_\_\_\_

Living the Martial Way by Forrest Morgan \_\_\_\_\_

Book Report      Yes      No

Optional Reading \_\_\_\_\_

Book Report      Yes      No

# Part Three:

# CURRICULUM

# PROGRESSIONS



# The Curriculum Map

Progression \ Rank	1 Gr.	2 Gr.	Green	1 Br.	2 Br.	Brown	1 Bl.	2 Bl.	Black
Kata & Bunkai	1	2	3	4	5	6	7	8	~
Kumite	1	2	3	4	5	6	7	8	~
Blocks & Punches	1	2	3	4	5	~	~	~	~
Self Defense	1	2	3	~	~	4	~	~	5
Judo	1	~	~	2	3	4	~	~	5
Boxing	1	2	3	~	~	4	~	~	5
Traditional WC	1	2	3	~	4	5	~	~	~
Progressive WC	1	2	3	4	~	~	~	~	5
Aikido	~	~	~	1	2	~	3	4	5
Tambo	~	~	1	2	3	4	~	5	~
Bo	~	~	~	1	2	3	4	5	~
Stamina	1	2	3	~	~	4	~	~	5
<i>Total Per Rank</i>	9	8	9	8	8	9	4	5	6

# **The 12 Standard Progressions**

## **Kata and Bunkai**

1. Taikyoku/Kata 2-5
2. Pinan 1/Pinan 2
3. Pinan 3
4. Pinan 4
5. Pinan 5
6. Jutte
7. Empi/Tension Form
8. Chinte/Fighting Form

## **Blocks and Punches**

1. Consecutive counterattacks
2. Simultaneous counterattacks
3. Double blocking
4. Soft style blocking
5. Double blocking with counters

## **Judo**

1. Uki-goshi and low side drop
2. Foot sweeps and pins
3. Hip throw and armlocks
4. Mount and finish
5. Advanced throws

## **Traditional Wing Chun**

1. Pak sao drills
2. Bong sao/Tan sao
3. Siu Nim Tao
4. Single arm chi sao
5. Double arm chi sao

## **Tambo**

1. Yang grip basics
2. Yin grip basics
3. Tambo 1 and applications
4. Disarms/Tres tres
5. Tambo 2 and apps/Louie Tatata

## **Aikido**

1. Kote gaeshi (wrist turn)
2. Ude osae (arm pin)
3. Shiho nage (four direction throw)
4. Juji nage (crossed arm throw)
5. Kokyo nage/Irimi nage (over neck)

## **Kumite**

1. Blitz attack
2. Load and explode
3. Rear leg charge
4. High-low-high
5. Alley of opportunity
6. Broken rhythm: bounce & pause
7. Electric shock
8. Dynamic blindspot

## **Self Defense**

1. Tiger claw
2. Stamping kick
3. Elbow set
4. Tambo defense
5. Knife defense

## **Boxing**

1. Jab/cross
2. Hook/uppercut
3. Basic Defense
4. Evasion
5. Strategy and Tactics

## **Progressive Wing Chun**

1. Pak sao/Da
2. Bong sao/Lap sao
3. Fook sao/Da
4. Hubud (empty hand)
5. Hubud (advanced/weapons)

## **Bo**

1. Basic kobudo
2. Advanced kobudo
3. Basic middle grip/Bo 1
4. Advanced middle grip/Bo 2
5. Extended grip/Bo 3

## **Stamina**

1. Five burpees
2. Ten burpees
3. Fifteen burpees
4. Twenty burpees
5. Twenty-five burpees



# KUMITE



Karate free sparring, known as jiyu-kumite, is one of the most important segments of karate training. It teaches you how to apply the basic techniques and elements of the art in a dynamic situation. However, karate sparring is about much more than winning or losing. Sparring aims to develop and improve your karate skills, such as timing, distancing, and control, while at the same time helping your partner improve as well. However, to be successful at kumite you will need more than just good technique. You will need to employ effective strategies and tactics that will enable your techniques to score.

## **Level I: Blitz Attack**

## **One Green Stripe**

Overwhelm your opponent with a quick barrage of powerful punches and kicks.

## **Level II: Load and Explode**

## **Two Green Stripes**

Deceive your opponent with a false retreat before springing back with a surprise attack!

## **Level III: Rear Leg Charge**

## **Green Belt**

Surprise your opponent with a leaping charge and straight blast of vertical punches.

## **Level IV: High-Low-High**

## **One Brown Stripe**

Make your opponent scramble to keep up with your effortless attacks.

## **Level V: Alley of Opportunity**

## **Two Brown Stripes**

Scoring with kicks has never been easier than when you sneak them up the Alley of Opportunity!

## **Level VI: Broken Rhythm**

## **Brown Belt**

Confound your opponent by continuously changing the timing of your techniques.

## **Level VII: Electric Shock**

## **One Black Stripe**

Shock your opponent with blindingly fast, electrifying counterattacks.

## **Level VIII: Dynamic Blind Spot**

## **Two Back Stripes**

When you use the dynamic blind spot, your opponent will never see what hit him!





# Blocks and Punches



Blocks and punches is a great drill for training reaction time, focus, timing, conditioning, distancing, structure, and so much more!

## The Blocks

Lower  
Middle  
Rising

Outer  
Knifehand  
Elbow

Soft lower  
Soft middle  
Soft rising

Soft Outer  
Soft Knifehand  
Soft Elbow

## The Progression

### Level I: Basic Blocking

### One Green Stripe

Basic blocking with consecutive counterattacks  
Lower block, middle block, and rising block

### Level II: Simultaneous Counterattacks

### Two Green Stripes

Basic blocking with consecutive counterattacks  
Add outer block and knifehand block

### Level III: Double Blocking

### Green Belt

Add elbow block

### Level IV: Soft Style Blocking

### One Brown Stripe

Soft lower, soft middle, and soft rising block

### Level V: Double Blocking with Counters

### Two Brown Stripes

Double blocking with counterattacks (hard style blocks)  
Soft style blocking  
Add soft outer, soft knifehand, and soft elbow block

### Level VI: Add Movement

### Black Belt

Perform each block advancing and retreating. Use forward and back stances when performing the hard style blocks. Use hook stance when performing the soft style blocks.



# JUDO



## **Level I: Uki goshi and Low side drop**

Uki goshi (floating hip throw)  
Low side drop

## **One Green Stripe**

## **Level II: Foot Sweeps and Pins**

Osoto gari (large outer reap)  
Kosoto gari (small outer reap)  
Kesa gatame (scarf hold)  
Ouchi gari (large inner reap)  
Kouchi gari (small inner reap)  
Guard position  
Yoko shiho gatame (side 4-corner hold)  
Ude garami (entangled armlock)

## **One Brown Stripe**

## **Level III: Hip Throw and Armlocks**

Ogoshi (large hip throw)  
Side drop  
Ude gatame (armlock)  
Ude hiza gatame (knee armlock)

## **Two Brown Stripes**

## **Level IV: Mount and Finish**

Seoi nage (shoulder throw)  
Yoko otoshi (side drop)  
Tani otoshi (valley drop)  
Mount position  
Juji jime (cross choke)  
Juji gatame (cross armlock)

## **Brown Belt**

## **Level V: Advanced Throws**

Tomoe nage (circular throw)  
Tai otoshi (body drop)  
Harai goshi (hip sweep)

## **Black Belt**

## **Level VI: Randori and Grappling**





# BOXING



## Level I: Jab/Cross

## One Green Stripe

**1. The Crouch:** Hands up, elbows in, knees bent, feet shoulder width, weight on the balls of your feet.

- A. Orthodox- left lead (favored by right handed boxers)
- B. Southpaw- right lead (favored by left handed boxers)

### 2. Footwork

- A. Stationary
- B. Advancing
- C. Retreating
- D. Circling (left and right)

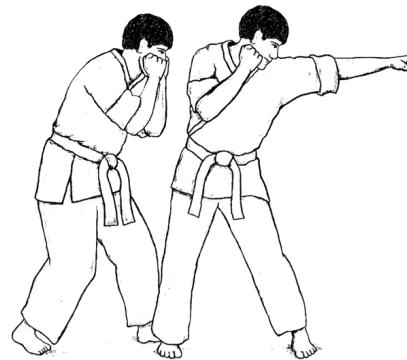
### 3. The Jab (lead hand, the #1 punch)

- A. Footwork- see above
- B. Combinations
  - 1. Double/triple jab
  - 2. High/low, low/high

### 4. The Cross/Straight Right

(rear hand, the #2 punch)

- A. Footwork - see above
- B. Combinations
  - 1. Jab/cross/jab (1-2-1)
  - 2. Jab/jab/cross (1-1-2)
  - 3. Change the rhythm
  - 4. Change the levels
  - 5. Change the angles



## Level II: Hook/Uppercut

## Two Green Stripes

### 1. The Hook (lead hook is number 3, rear hook is number 4)

- A. Footwork - see above
- B. Combinations
  - 1. Jab/hook (1-3)
  - 2. Jab/cross/hook (1-2-3)
  - 3. Hook to body/hook to head

### 2. Uppercut (lead uppercut is number 5, rear is 6)

- A. Footwork - see above
- B. Combinations
  - 1. Jab/jab/uppercut (1-1-6)
  - 2. Jab/cross/hook/uppercut (1-2-3-6)

### **Level III: Basic Defense**

### **Green Belt**

#### **A. Blocking**

##### **1. Defense against the jab**

- A. Catching the jab
- B. Catch and return
- C. Parry and cross

##### **2. Defense against the cross**

- A. Shoulder block (roll and cover)
- B. Stop jab (jamming)

##### **3. Defenses against the hook**

- A. Forearm/elbow block
- B. Ducking

##### **4. Defense against the uppercut**

- A. Roll and cover
- B. Inside parry (brushing away)

#### **B. The Clinch**

### **Level IV: Evasion**

### **Brown Belt**

#### **1. Ducking**

- A. Pool noodle drill
- B. With a partner (focus mitts)

#### **2. Bobbing and weaving**

- A. Under rope/belt drill
- B. With a partner (focus mitts)

#### **3. Slipping**

- A. Slow work with gloves

### **Level V: Strategy and Tactics**

### **Black Belt**

#### **1. Combinations and footwork**

- A. Inside/outside game
- B. Three types of timing (sen sen no sen, sen no sen, go no sen)
- C. Drawing/baiting (to provoke a particular attack)
- D. Feinting/programming

### **Level VI: Sparring**

### **Black Belt**

### **Recommended Reading:**

Championship Boxing: Explosive Punching and Aggressive Defense

Jack Dempsey, 1950.



# **~TRADITIONAL~ WING CHUN**



## **Level I: Pak Sao Drills**

### **One Green Stripe**

1. Cross hand pak sao (develops proper structure and alignment).
2. Cross hand vertical punches (teaches centerline control).
3. Pak sao against vertical punches (alternating).
4. Pak sao against vertical punches (consecutive).

## **Level II: Tan Sao/Bong Sao Drills**

### **Two Green Stripes**

#### **Tan Sao**

1. Start with drill #2 above, then open hand for tan sao.
2. Progress from alternating tan sao to consecutive tan sao.
3. Pak sao (same side), tan sao (opposite side) with one arm.

#### **Bong Sao**

1. Develop proper structure and alignment by testing and leaning.
2. Bong sao defense against same side vertical punches (3-D, no rusty gate).
3. Bong sao to defend against cross hand vertical punches (consecutive).
4. Bong sao (same side) then tan sao (opposite side) with one arm.

## **Level III: Sil Lim Tao: *Little Idea Form***

### **Green Belt**

1. See video for kata and applications.

## **Level IV: Single Arm Traditional Chi Sao**

### **Two Brown Stripes**

1. Solo - Bong sao / tan sao to air. Add pak sao.
2. Solo - Fook sao / jut sao to air. Add da (punch).
3. Partners - A does #1 above, B does #2 above, repeat. Develop flow.
4. Gate #1: Partner's jut sao is too hard, huen sao circle around into jut sao.
5. Gate #2: Partner's tan sao is too hard, huen sao circle into tan sao.

## **Level V: Double Arm Traditional Chi Sao**

### **Brown Belt**

1. Solo - single arm: bong sao / tan sao to air.
2. Partners - single arm: fook sao covers opponent's bong sao / tan sao.
3. Solo - double arm: bong sao / tan sao to air with other hand in fook sao.
4. Partners - double arm: fook sao covers opponent's bong sao / tan sao.
5. Alternating: Execute 3 repetitions of poon sao then tan strikes to ribs.
6. Chi Sao: Execute 3 repetitions of poon sao then strive for a continuous exchange of discernible techniques, with an emphasis on adherence or "sticking", not wrestling, shoving, or boxing. Kicking is allowed only if at least one hand is in contact with the opponent's arm.



# **~Progressive~ WING CHUN**



## **Level I: Pak Sao Drills**

### **One Green Stripe**

1. **Reference #1:** Opponents cross right hands at wrists.
2. **Man Sao Defense:** Defend with sweeping and sliding blocks.
3. **Lap Sao/Da:** Pull lead hand down with man sao and punch with wu sao.
4. **Speed Drill:** Follow-the-leader with pak sao: single, double, triple, etc.
5. **Pak Sao/Da:** Disengage guard with your wu sao while man sao punches.
6. **Pak Sao/Da x2:** Defender blocks short of centerline, repeat pak sao/da.

## **Level II: Lap Sao Drills**

### **Two Green Stripes**

1. **Pak Sao/Lap Sao:** Defender crosses center, counter w/lap sao, backfist.
2. **Bong Sao/Lap Sao 1:** Also called Rolling Backhands drill. Same side.
3. **Bong Sao/Lap Sao 2:** Grab partner's guard with lap sao to switch sides.
4. **Lap Sao/Lap Sao:** Defender blocks #1 above, counter with #3 above.

## **Level III: Fook Sao/Da**

### **Green Belt**

1. **Programming:** Pak sao/da twice, then pak sao/hook with cupped hand.
2. **Micro-bumping:** Use the opponent's reaction to your fook sao to punch.
3. **Chain punching:** Continuous flow of punches with trapping.

## **Level IV: Hubud**

### **One Brown Stripe**

**Hubud** can be performed using the same concept against attacks coming from many different angles. Variations include the outer chop (described above), vertical chop, inner chop, straight punch (4 step drill), and roundhouse elbow. **Basic:** Partner A throws a right horizontal outer chop; partner B turns into the technique with a left fook sao (hooking block) with the elbow kept down (1). Without breaking the energy flow of the initial attack, partner B's right hand parries the blow over her head with a fook sao to the outside of A's arm as the shoulders turn square (2). Partner B follows-up with a left pak sao (slapping block) checking A's arm as B's body finishes turning to the right. Partner B counterattacks with a right horizontal outer chop as her body turns square (4) and the drill repeats with partner A countering the attack (5&6).

## **Level V: Advanced Hubud**

### **Black Belt**

1. **Empty hand:** Six angles: outer, vertical inner, punch, elbow, and stab.  
Add additional techniques such as blocks, traps, strikes, etc.
2. **Weapons:** Add weapons (stick and knife).





We derive our joint locking from the art of Aikido. While joint locking should not be your primary objective in a self-defense situation, you should be familiar with the basic ways to twist and lock an opponent's arm should the opportunity present itself. Joint locking also provides you with methods of control without inflicting unnecessary damage.

Practice each technique against the six basic grabs, a chop, and a punch. Utilize movement such as irimi (entering) and tenkan (turning). Incorporate atemi (striking) to stun your opponent before or even during a technique. Finish with a lock or pin. Ukes should begin with minimal resistance, and gradually increase the strength and realism of their attacks.

#### **Level I: Kote Gaeshi (wrist twist)**

#### **One Brown Stripe**

In kote gaeshi you want your opponent's arm bent, therefore begin the technique with a atemi strike such as a quick front snap kick to the groin.

#### **Level II: Ude Osae (pressing arm)**

#### **Two Brown Stripes**

In ude osae you want your opponent's arm straight, therefore a good atemi technique might be a quick tiger strike to the eyes. Collar your opponent's wrist, make a "J hook" to raise your opponent's hand above his shoulder. Take your partner to the ground as smoothly as possible. Follow up with the 5 finishes.

#### **Level III: Shiho Nage (four direction throw) One Black Stripe**

In shiho nage you want to pull your opponent's arm, then spin when he pulls back. There are two versions: ura (behind) has four moves, while omote (in front) only has three.

#### **Level IV: Juji Nage (crossed arm throw)**

#### **Two Black Stripes**

When practicing the crossed arm throw, remember that although the technique should be executed strongly, you must also be careful not to injure your partner during practice.

#### **Level V: Kokyo Nage/Irimi Nage (over neck) Black Belt**

There are two types of over neck throws, yin (kokyu nage) and yang (irimi nage). When performing yin style, face the same direction as your attacker, opposite hips touching, with your over neck hand palm up. When doing yang style, face the opposite direction as your attacker, same side hips touching, with your over neck hand palm down.



# ***Self Defense***



Self defense is one of the main reasons that people train in the martial arts. However, there are very real differences between practicing kata applications, sparring, and learning practical, street self-defense. Self-defense needs to be proven effective in high stress scenarios, especially against larger, stronger opponents. Each of Satori's five self-defense sets focuses on the application of a different principle or technique. In the end, you should have the skills to defend yourself in a wide variety of real-world situations.

## **Level I: Tiger Claw Set**

## **One Green Stripe**

The tiger claw set is an easily learned combination of four strikes that each has a high probability of success in a variety of situations. These techniques are then linked in such a way that they not only flow naturally into one another, but each builds on the success (or failure) of the previous technique, allowing you to systematically attack your opponent's key bodily systems: visual, circulatory, respiratory and nervous.

## **Level II: Stamping Kick Set**

## **Two Green Stripes**

The stamping kick set uses low kicks to target your attacker's knees and disable his loco motor system. From there you continue through a commanding ten-move technique flow that combines boxing and karate to target your opponent's respiratory, circulatory, and nervous systems in quick succession.

## **Level III: Elbow Set**

## **Green Belt**

This set teaches you how to use some of your most devastating weapons, your elbows, to deliver powerful, bone-rattling blows to your attacker. In addition, you will learn different ways to lock, hyperextend, and even break your opponent's elbows if necessary. As in our previous sets, counterattacks systematically target your attacker's key body systems, reducing his ability and willingness to continue.

## **Level IV: Tambo Defense**

## **Brown Belt**

This set is instrumental in teaching you how to deal with an attacker who is armed with a short weapon. Tambo self defense teaches you how to avoid the weapon, when and how to close the gap, and finally, how to disarm and finish your attacker.

## **Level V: Knife Defense**

## **Black Belt**

Any encounter with a knife-wielding attacker is about as serious and life threatening as a self-defense situation can be. This level teaches how to increase your odds of survival.



## **Level I: Yang Grip Basics**

## **Green Belt**

1. Figure 8s: downward and upward
2. 14 basic strikes: stationary, retreating, and advancing
3. 6 Basic blocks: stationary, retreating, and advancing
4. Four-count sinawali (double tambo): sticks, partner, heavy bag

## **Level II: Yin Grip Basics**

## **One Brown Stripe**

1. Figure 8s: downward
2. 14 basic strikes: stationary, retreating, and advancing
3. 6 Basic blocks: stationary, retreating, and advancing
4. Six-count sinawali (double yang): sticks, partner, heavy bag

## **Level III: Tambo 1 and Applications**

## **Brown Belt**

1. Tambo 1 and applications
2. Tres-tres

## **Level IV: Tambo vs. Tambo Disarms**

## **Two Brown Stripes**

1. Long range
  - a. Use basic strikes to target the weapon hand
2. Medium range
  - a. Popping: block, grab, and use a hard style block to disarm
  - b. Hooking: with the butt
3. Close range
  - a. Double end grip: block and ram, scoop and disarm
  - b. Snaking with the free arm

## **Level V: Tambo 2 and Applications**

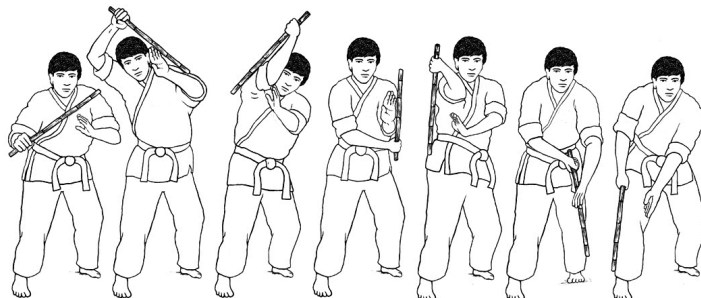
## **Two Black Stripes**

1. Tambo 2 and applications
2. Louie-ta-ta-ta

## **Level VI: Stick Fighting**

## **Black Belt and Above**

1. Padded weapons
2. Armored combat
3. Satori No Tambo: kata and applications





### **Level I: Basic Kobudo**

### **One Brown Stripe**

1. Downward striking (paddle the kayak)
2. Upward striking (backing up the kayak)
3. 2 downward then 2 upward strikes
4. 2 downward strikes then 1 upward strike
5. 2 upward strikes then 1 downward strike
6. Mixed Weapons: Perform with tambo and double tambo

### **Level II: Advanced Kobudo**

### **Two Brown Stripes**

1. 2 downward then 1 middle strike (top)
2. 2 downward then 1 middle strike (bottom)
3. 2 upward strikes then 1 middle strike (top)
4. 2 upward strikes then 1 middle strike (bottom)
5. 3 downward then 2 middle strikes (top and bottom)

### **Level III: Basic Middle Grip/Bo 1**

### **Brown Belt**

1. Figure 8s: downward, upward, and alternating/3 applications
2. The nine basic strikes: stationary, retreating, and advancing
3. Basic blocking: stationary, retreating, and advancing
4. Kata: Bo 1 and applications

### **Level IV: Advanced Middle Grip/Bo 2**

### **One Black Stripe**

1. Striking/disarming blocks (striking lead hand)
2. Double striking
3. Hooking disarms
4. Bo 2 and applications

### **Level V: Extended Grip/Bo 3**

### **Two Black Stripes**

1. Extended grip basic blocks and strikes
2. Extended grip figure 8s, downward and upward (apps, Donga drill)
2. Snap strikes and extended grip striking disarms
3. Fencing with the bo (change, double change, beat, and cutover)
4. Extended grip hooking disarms and locks
5. Bo 3 and applications

### **Level VI: Staff Fighting**

### **Black Belt and Above**

1. Padded weapons
2. Armored combat
3. Satori No Bo: kata and applications



# BOARD BREAKING



Students should demonstrate a different technique for each rank. This will give the student four different techniques to perform for their black belt test. Failure to break any set of boards in the maximum number of trials will result in probation. Students between the ages of 14 and 18 or 40 to 50 may detract one board from each set. Students younger than 14 or older than 50 years of age are not required to break boards.

## One Set/3 Trials

## Brown Belt

Weight	Sets
Up to 120 lbs	1 set of 1 board
120 lbs to 159 lbs	1 set of 2 boards
160 lbs and above	1 set of 3 boards

## Two Sets/5 Trials

## One Black Stripe

Weight	Sets
Up to 120 lbs	1 set of 1 board/1 set of 2 boards
120 lbs to 159 lbs	2 sets of 2 boards
160 lbs to 189 lbs	1 set 2 boards/1 set 3 boards
190 lbs and up	2 sets 3 boards

## Three Sets/6 Trials

## Two Black Stripes

Weight	Sets
Up to 130 lbs	3 sets of 2 boards
130 lbs to 159 lbs	2 sets 2 boards/1 set 3 boards
160 lbs to 189 lbs	1 set 2 boards/2 sets 3 boards
190 lbs and up	3 sets 3 boards

## Four Sets/7 Trials

## Black Belt

Weight	Sets
Up to 130 lbs	4 sets of 2 boards
130 lbs to 159 lbs	3 sets 2 boards/1 set 3 boards
160 lbs to 189 lbs	2 sets 2 boards/2 sets 3 boards
190 lbs and up	1 set 2 boards/3 sets 3 boards

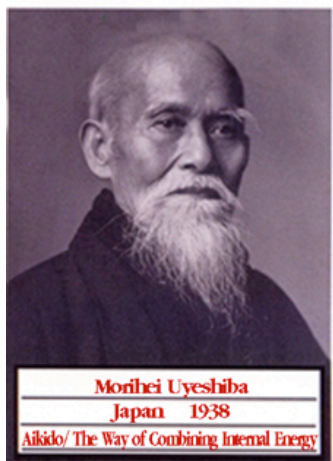
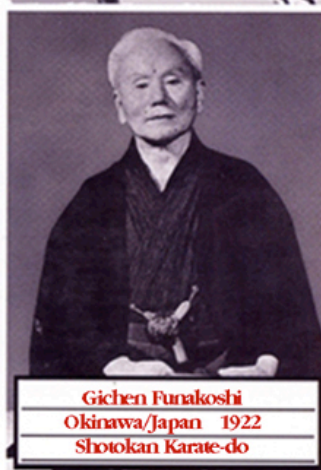
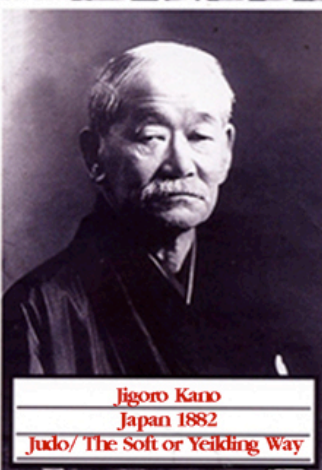
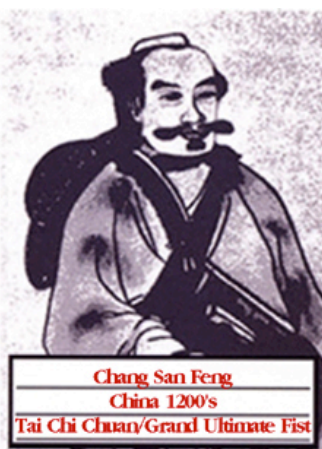




# History and Philosophy Review



## Martial Arts History





## Code of Ethics

Your conduct as a student of Satori Dojo should be governed by the principles reflected in the Code of Ethics.

1. **Strive** to improve yourself and serve your community.
2. **Respect** yourself and others.
3. **Save** your martial arts for self-defense.
4. **Commit** to daily, dedicated practice.
5. **Live** a healthy and balanced life.

# Philosophy

## One Green Stripe

### **3 O's Principle**

Open Mind  
Open Heart  
Open Arms

### **5 Firsts for Friendship**

Communicate  
Smile  
Care  
Share  
Forgive

### **5 A's for Self-Defense**

Awareness  
Alertness  
Avoidance  
Anticipation  
Action

## Two Green Stripes

### **5 Steps to Health**

Think  
Eat  
Exercise  
Rest  
Perform

### **5 R's for Self Defense**

Right time  
Right place  
Right techniques  
Right perspective  
Run

### **5 S's for Warm-ups**

Safety  
Slowness  
Self-awareness  
Stretching  
Strengthening

## Green Belt

### **5 P's of Achievers**

Perspective  
Patience  
Perseverance  
Pride in  
accomplishment  
Practice 'til perfect

### **5 Alls for Self Defense**

All angles  
All levels  
All techniques  
All situations  
All people

### **7 Main Styles of Influence**

Shotokan  
Vovinam  
Judo  
Wing Chun  
Aikido  
Tai Chi Chuan  
Boxing

### **One Brown Stripe**

#### **10 Don'ts for Sparring**

Angry  
Fearful  
Tense  
Hurried  
Waste energy  
Overconfident  
Distracted  
Pre-conceived ideas  
Discouraged if you lose  
Afraid of losing

#### **5 Sources of Power**

Mind  
Body  
Spirit  
Soul  
Ki

### **Two Brown Stripes**

#### **5 D's of a Winner**

Direction  
Discipline  
Determination  
Dedication  
Do 'til death

#### **8 Sources of Learning**

Instructors  
Classmates  
Yourself  
Mirrors  
Books and media  
Training equipment  
Tournaments  
Seminars

### **Brown Belt**

#### **10 Stages of Growth**

Nobody  
Learner  
Worker  
Fighter  
Achiever  
Winner  
Teacher  
Leader  
Thinker  
Philosopher  
*Nobody*

#### **5 Negatives to Avoid in Teaching**

Don't ridicule any  
student  
Don't make  
discriminatory  
remarks  
Don't push students  
excessively hard  
Don't show favoritism  
Don't lose your  
composure

## **One Black Stripe**

### **5 Fears of Achievement**

Hard work  
Failure  
Intimidation or pressure  
Associating with people  
Death

### **5 C's for Successful Training**

Commitment  
Coaching  
Consistency  
Courage  
Conditioning

## **Two Black Stripes**

### **5 Think Rights**

Think simpler  
Think faster  
Think better  
Think deeper  
Think wiser

### **5 Controls for Self Defense**

Control yourself  
*(fear, anger)*  
Control the area  
*(environmental awareness)*  
Control the attackers  
*(strategy)*  
Control the situation  
Control the consequences

### **5 'Tions of Teaching**

Demonstration  
Simplification  
Explanation  
Repetition  
Correction

## **Black Belt**

### **5 Loves of a Sensei**

Students  
Sharing  
Teaching  
Martial arts  
Growth

### **Foundation for Peak Performance:**

Awareness  
*(be prepared)*  
Belief  
*(in yourself and others)*  
Commitment  
*(to excellence)*  
Dedication  
*(a labor of love)*  
Enlightenment  
*(Satori)*

# Glossary of Terms

## **Cuong Nhu** *(Vietnamese)*

Cuong = Hard  
Nhu = Soft  
Nghiem = Attention  
Chao = Salute  
Nghì = Natural  
Gang = Effort

## **Karate** *(Japanese)*

Ichi = One  
Ni = Two  
San = Three  
Shi = Four  
Go = Five  
Rokku = Six  
Shichi = Seven  
Hachi = Eight  
Ku = Nine  
Ju = Ten  
Hiki = Pulling  
Te = Hand  
Kiai = Spirit shout  
Gi = Uniform  
Dojo = Training hall  
Gi = Training uniform  
Obe = Belt  
Sensei = Teacher  
Sempai = Senior student  
Uke = Person receiving the attack  
Nage = Person performing the technique

## **Wing Chun** *(Chinese)*

Sil Lim Tao = Little Idea Form  
Sao = hand  
Chi = Energy  
Gerk = Legs/Feet  
Bong = Elbow/Wing  
Fook = Hook/Resting  
Man = Seeking  
Wu = Guarding  
Tan = Flat  
Jut = Sinking  
Lap = Pulling  
Pak = Slapping  
Gum = Pinning

## **Aikido** *(Japanese)*

Aikido = The Way of Combining Energy  
Kote = Wrist  
Gaeshi = Turn  
Ni = Second  
San = Third  
Hara = Center of the body/lower abdomen  
Irimi = Enter  
Tenkan = Turn  
Ude = Arm  
Osae = Press/pin  
Ura = Yin, back  
Omote = Yang, front

## **Judo** *(Japanese)*

Judo = Soft /Yielding Way  
O = Big  
Ko = Small  
Soto = Outside  
Uchi = Inside  
Gari = Reap  
Gatame = Lock/Hold  
Yoko = Side  
Shiho = 4 Direction  
Ude = Arm  
Garamme = Entangled  
Goshi = Hip throw  
Hiza = Knee  
Nage = Throw  
Seoi = Shoulder  
Otoshi = Sacrifice/Drop  
Tani = Valley  
Juji = Cross  
Jime = Choke  
Tomoe = Round/Circular  
Tari = Body  
Harai = Sweep  
Randori = Judo sparring

For ease of use, this training guide is abridged.

More complete documents on kata, bunkai, self defense, and many other subjects are available on the Satori Dojo website.

Visit us at:  
**[www.Satori-Dojo.com](http://www.Satori-Dojo.com)**

Our full **Video Curriculum** is available for free  
on Satori Dojo's **YouTube Channel**.

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