

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



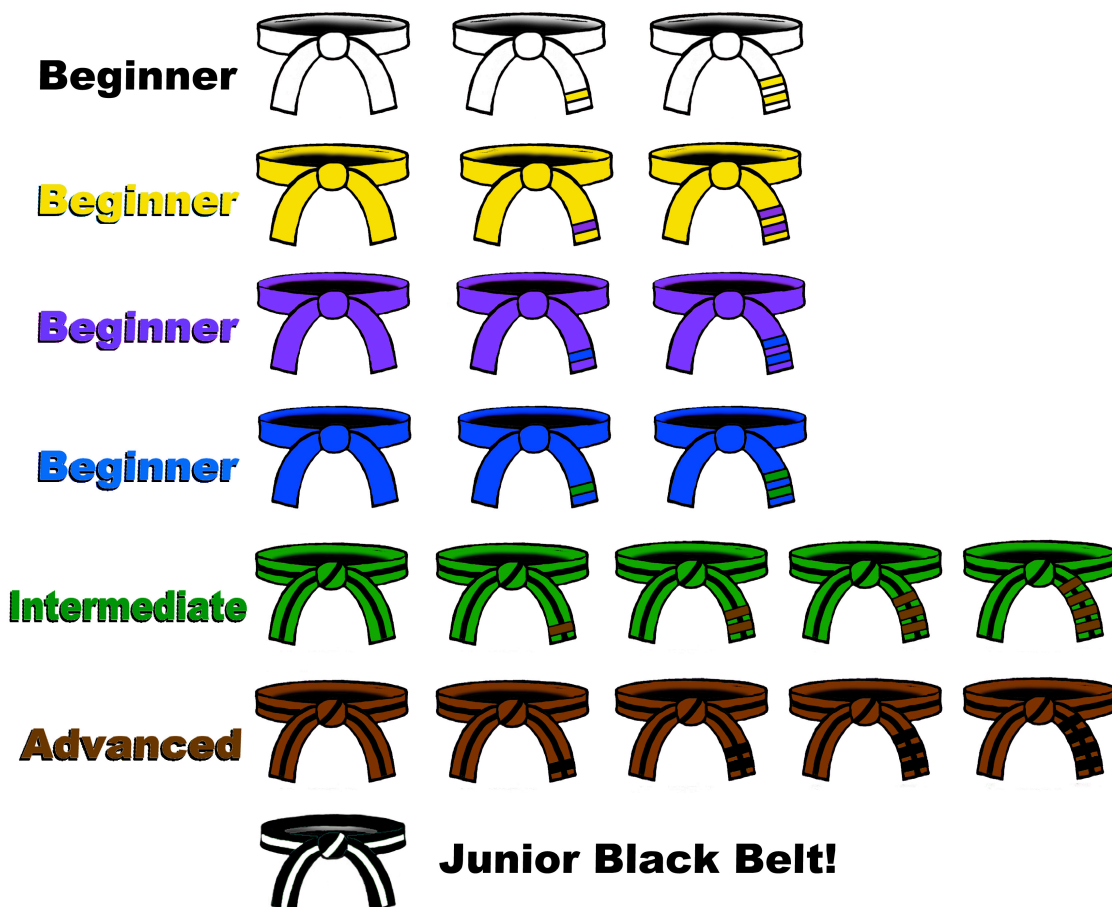
Part One: **CHILDREN'S CURRICULUM**



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!





Childrens' Curriculum

One Yellow Stripe



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:

Outside punch

Inside punch

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: outside and inside punches

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

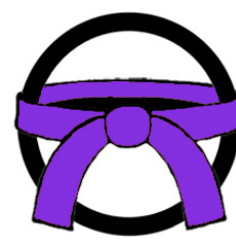
Blocks and Punches: Up to outer block (left, right, right, left in rectangular stance)

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)

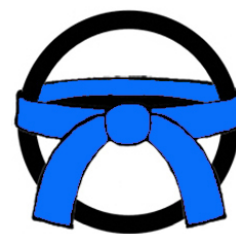
Kata and Apps: Kata 1 to Pinan 1

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 Alls 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)

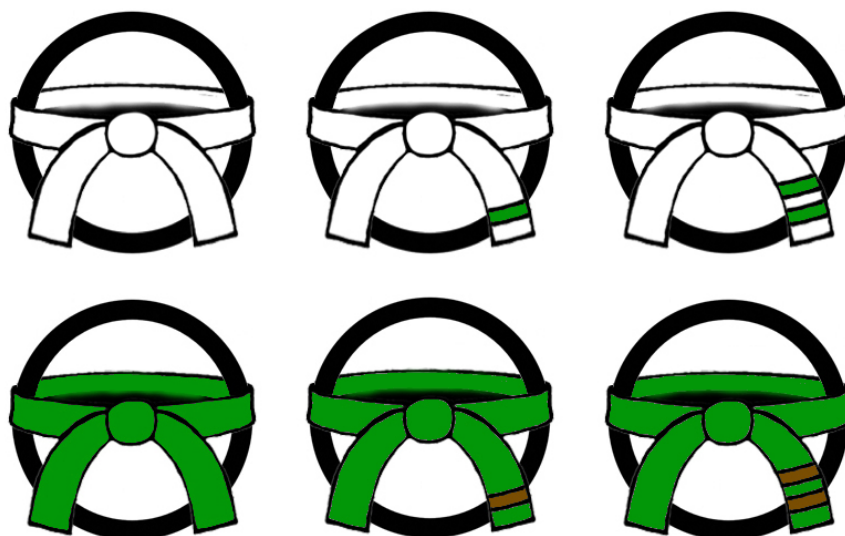
Kata and Apps: Kata 1 to Chinte (with applications), Tension form, Fighting form

Philosophy: Philosophy review, History review, Code of Ethics

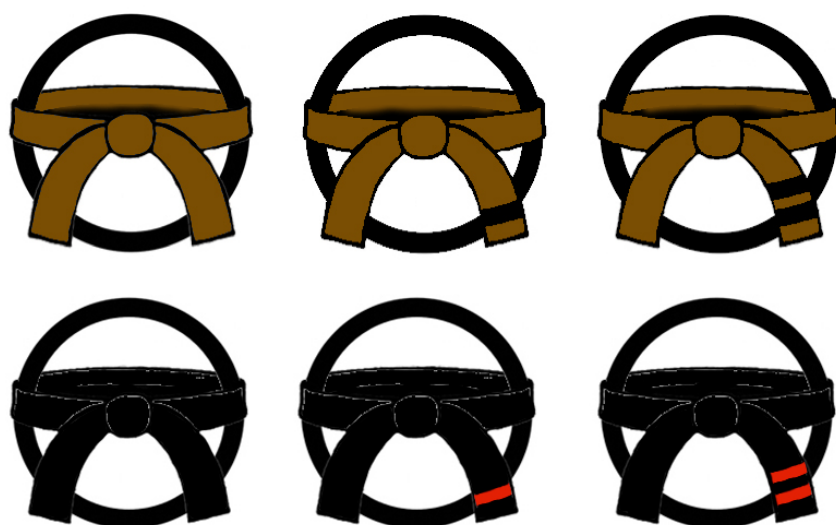
Transitioning from the Children's to the Adult Curriculum

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:

	Satori Dojo Adult Curriculum <u>One Green Stripe</u>	
Techniques	Training	Testing
Stances <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 Hand Techniques <input checked="" type="checkbox"/> Lunge punch <input checked="" type="checkbox"/> Reverse punch	Kata and Bunkai <input checked="" type="checkbox"/> Taikyoku <input checked="" type="checkbox"/> Kata 2-5 Kumite Blitz attack Blocks and Punches Basic blocking with consecutive counterattacks (lower, middle, rising)	Time in Rank <input checked="" type="checkbox"/> Three months <input checked="" type="checkbox"/> 24 classes History and Philosophy <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

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



Rank History

Rank	Date	Tester
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. Candidates testing for stripes need only video the requirements for their rank, whereas candidates for solid colored belts (green, brown, black) should complete a *cumulative* curriculum review. When you have successfully completed a video review of all of the progressions required 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.

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
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



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



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



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



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





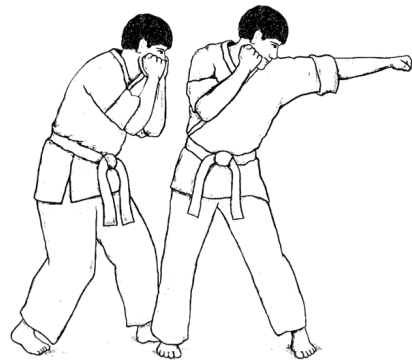
BOXING



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

Two Brown Stripes

1. Tambo 1 and applications
2. Tres-tres

Level IV: Tambo vs. Tambo Disarms

Brown Belt

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

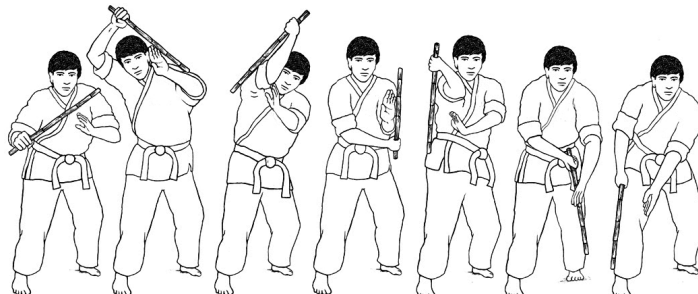
Two Black Stripes

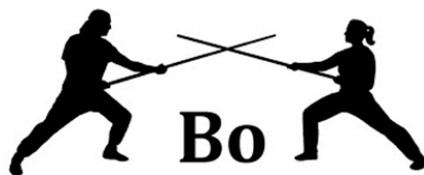
1. Tambo 2 and applications
2. Louie-ta-ta-ta

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

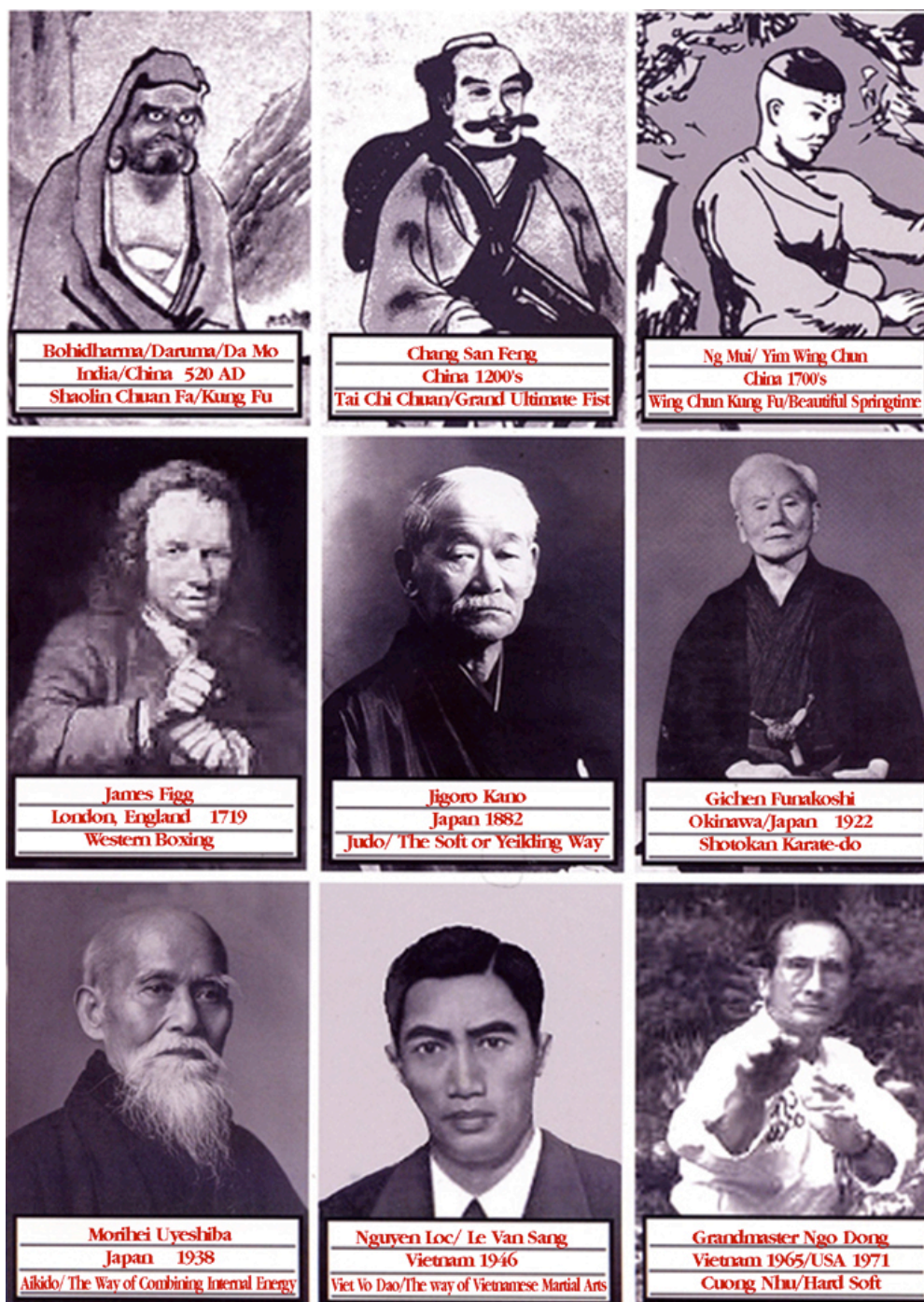
Weight	Sets
Up to 130 lbs	4 sets of 2 boards
130 lbs to 159 lbs	3 sets 2 boards/1 set 3 boards
160 lbs to 189 lbs	2 sets 2 boards/2 sets 3 boards
190 lbs and up	1 set 2 boards/3 sets 3 boards



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
Nghi = Natural
Gang = Effort
Vovinam = Martial Arts
of Vietnam

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
Karate = Empty hand
Shotokan = Whispering
Pines School
Taikyoku = First Cause
Heian = Peaceful Mind
Pinan = Safe from Harm
Jutte = Ten Hands
Empi = Flying Swallow
Chinte = Unusual Hands

Wing Chun *(Chinese)*

Sil Lim Tao = Little Idea Way
Sao = Hand/Arm
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
Shaolin Chuan Fa =
Little Forest Fist Way

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
Nage = Throw

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

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

Just search for
Satori Dojo
And look for our logo...



