

SATORI

MARTIAL ARTS



CHILDREN'S

TRAINING WORKBOOK

THIS BOOK BELONGS TO:

Training

Training in the martial arts is both fun and serious. People around the world practice the martial arts so that they can learn to defend themselves if they are ever attacked. Going to class is also a good way to meet new people and make new friends. Practicing hard will make your body strong and healthy. It even helps you think better! Satori Martial Arts teaches you how to think better by teaching you how to focus. You learn to push yourself to always do your best and try your hardest.

Since you will be learning self-defense and fighting skills, you must keep yourself under control at all times, otherwise you or your partner might get hurt. This is called self-discipline. Learning discipline is a big part of your training in the martial arts. You will learn a lot of other useful things as well, like how to listen, stay healthy, help others, and be a team player. These skills will help you at home with your parents and in school with your classmates and teachers, as well as in any other sport or activity you might want to do.

About the Dojo

Dojo is a Japanese word. It means “training hall.” A dojo is a special place for practicing karate. Satori Dojo is at the Phoenixville Recreation Center. Grandmaster Joe also has a dojo at his house!

Code of Ethics

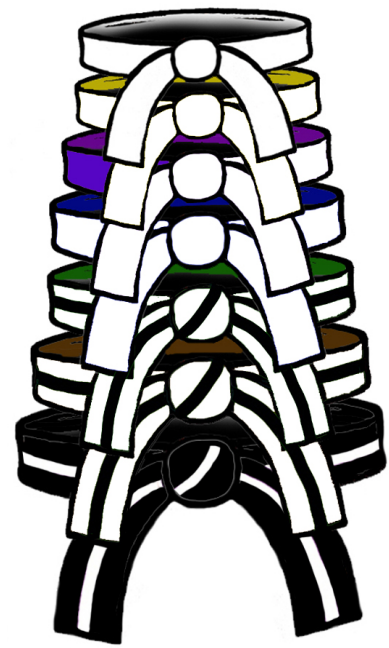
Your conduct as a student of Satori Dojo should be governed by the principles reflected in the Code of Ethics.

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.

Your Uniform and Belt

A karate uniform is called a gi. We wear it every time we go to class. It reminds us to work together as a team and help our classmates. Keep your gi clean and neat looking. Remember to wash your gi regularly. Your belt, however, should never be washed. The sweat in your belt is a sign of your hard work and training. The color of your belt shows how much you know about Satori Martial Arts.

You start with a white belt. Then, you begin earning yellow stripes. Soon, you earn your yellow belt! After a yellow belt comes purple, then blue, green, brown, and, finally, a black belt. It takes years of training to earn a black belt!



Color the belt stack

Beginner

White Belt



Yellow Belt



Purple Belt



Blue Belt



Intermediate

Green Belt



Advanced

Brown Belt



Black Belt



Junior Black Belt!



Childrens' Curriculum One Yellow Stripe



Time in Rank

Three months/24 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

60 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: 10 Horizontal punches in rectangular stance

Stamina: 10 Consecutive 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



Time in Rank

Three months/24 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.
5 Burpees, 5 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

Strength: 5 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

Stamina: 5 Burpees

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



Time in Rank

Three months/24 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

60 Punches, chops, etc.

5 Burpees, 5 Push-ups

History and Philosophy

5 A's for Self Defense

Standardized Workout and Test

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 Inner chops in lunge stance

Strength: 5 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)

Stamina: 5 Burpees

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

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



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

HAND TECHNIQUES

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

BLOCKING TECHNIQUES

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

LEG TECHNIQUES

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

SELF DEFENSE

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

WING CHUN

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

FOOTWORK

<input type="checkbox"/>	Moving in Forward Stance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Return/Reverse	<input type="checkbox"/>	<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

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

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

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

STAMINA AND STRENGTH

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

PHILOSOPHY

<input type="checkbox"/>	Three O's Principle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Five Firsts of Friendship	<input type="checkbox"/>	<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



Time in Rank

Three months/24 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, 10 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

Strength: 10 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)

Stamina: 10 Burpees

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



Time in Rank

Three months/24 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

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

History and Philosophy

5 R's for Self Defense

Standardized Workout and Test

Stamina: 20 Vertical punches in rectangular stance

Stamina: 20 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)

Strength: 10 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

Stamina: 10 Burpees

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



Time in Rank

Three months/24 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

80 Punches, chops, etc.
10 Burpees, 10 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: 30 Punches, chops, kicks, and blocks in lunge stance

Strength: 10 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

Stamina: 10 Burpees

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, 10 Push-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	80 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10 Burpees, 10 Push-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	80 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10 Burpees, 10 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



Time in Rank

Three months/24 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

Pinan 1

Self Defense

Stamping kick (moves 1 and 2)

Dropping Techniques

Forward roll

Stamina and Strength

100 Punches, chops, etc.
20 Basic boxing combos
10 Burpees, 15 Push-ups

History and Philosophy

5 P's of an Achiever

Standardized Workout and Test

Stamina: 20 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

Strength: 15 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)

Stamina: 20 Basic boxing combos (10 each side)

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)

Stamina: 10 Burpees

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: 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



Time in Rank

Three months/24 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

Pinan 1 applications

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

100 Punches, chops, etc.
20 Basic boxing combos
10 Burpees, 15 Push-ups

History and Philosophy

5 Alls for Self Defense

Standardized Workout and Test

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

Stamina: 50 Upper and lower x-blocks (open hand) in rectangular stance (25/25)

Strength: 15 Push-ups

Stamina: 20 Basic boxing combos (10 each side)

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)

Stamina: 10 Burpees

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: Pinan 1 with applications

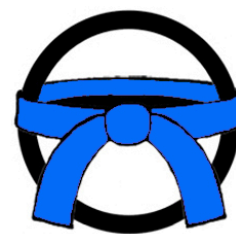
Self Defense: Stamping kick set (moves 1 to 5)

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



Children's Curriculum

Blue Belt



Time in Rank

Three months/24 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

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

100 Punches, chops, etc.
20 Basic boxing combos
10 Burpees, 15 Push-ups

History and Philosophy

7 Main Styles of Influence
Martial Arts History: Cuong Nhu

Standardized Workout and Test

Stamina: 30 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

Strength: 15 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)

Stamina: 10 Burpees

Boxing: 20 Basic combos with basic defense (catch, shoulder, wall, roll)

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

Kata: Pinan 2

Sparring: Load and Explode

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

Kata: 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

- 100 Punches, Chops, Etc.
- 10 Burpees/ 15 pushups, situps
- 100 Punches, Chops, Etc.
- 10 Burpees/ 15 pushups, situps
- 100 Punches, Chops, Etc.
- 10 Burpees/ 15 pushups, situps

PHILOSOPHY

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



Childrens' Curriculum One Green Stripe



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

Pinan 2 applications

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

120 Punches, chops, etc.
20 Basic boxing combos
15 Burpees, 20 Push-ups

History and Philosophy

Martial Arts History: Shotokan

Standardized Workout and Test

Stamina: 80 Punches in rectangular stance (horiz., vertical, double, hi-low, triple level)

Stamina: 40 Outer chops with low chop block in lunge stance

Strength: 20 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)

Boxing: 20 Basic combos with basic defense (catch, shoulder, wall, roll)

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)

Stamina: 15 Burpees

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: Pinan 2 with applications

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



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

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

100 Punches, chops, etc.
20 Basic boxing combos
15 Burpees, 20 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: 10 Triple level palm heel strikes in rectangular stance

Stamina: 10 Outer chops with low block in lunge stance

Stamina: 10 Elbow blocks followed by vertical backfist in lunge stance

Strength: 20 Push-ups

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

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)

Boxing: 20 Basic combos with basic defense (catch, shoulder, wall, roll)

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)

Stamina: 15 Burpees

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

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

Kata: 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



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

Pinan 3 applications

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.

20 Basic boxing combos

15 Burpees, 20 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

Strength: 20 Push-ups

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

Matwork: Forward roll into side drop with side kick, Front tumble breakfall

Boxing: 20 Basic combos with basic defense (catch, shoulder, wall, roll)

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

Stamina: 15 Burpees

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

Kata and Apps: 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
- Hook Stances

HAND TECHNIQUES

- Elbow Strikes
- Palm Heel Strikes
- Diagonal Chop
- Close Punch

BLOCKING TECHNIQUES

- Double Forearm Block
- Side Elbow Block
- Sliding Blocks
- Soft Style Blocks

LEG TECHNIQUES

- Shin Block
- Flying Roundhouse Kick
- Side Snap Kick
- Crescent Kick
- Soft Style Shin Block

FOOTWORK

- Sliding in Side Stance

BLOCKS AND PUNCHES

- Up to Knifehand block
- Up to Knifehand (counters)
- Up to Soft Rising Block

SELF DEFENSE

- Elbow Set (grabs 1-2)
- Elbow Set (grabs 3-4)
- Elbow Set

KATA AND APPLICATIONS

- Up to Pinan 2
- Up to Pinan 3
- Up to Pinan 3

WING CHUN

- Pak Sao / Da x1
- Sil Lim Tao (series 5 - 6)
- Pak Sao / Da x2
- Sil Lim Tao (series 7 - 8)
- Pak Sao / Lap Sao
- Sil Lim Tao (series 9 - 10)

MATWORK

- Uki Goshi / Floating Hip Throw
- Low Side Drop
- Forward Roll into Side Drop
- Front Tumble Breakfall

SPARRING

- Rear Knee Charge
- Shin Blocks against Kicks
- Centerline Principles

STAMINA AND STRENGTH

- 120 Punches, Chops, Etc.
- 15 Burpees/ 20 pushups, situps
- 120 Punches, Chops, Etc.
- 15 Burpees/ 20 pushups, situps
- 120 Punches, Chops, Etc.
- 15 Burpees/ 20 pushups, situps

PHILOSOPHY

- History of Shotokan Karate
- Code of Ethics: Tenet 1
- History of Boxing
- 10 Don'ts of Sparring



Children's Curriculum

Junior One Brown Stripe



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

Kata

Pinan 4

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

140 Punches, chops, etc.

20 Intermediate boxing combos

15 Burpees, 25 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: 40 Soft style blocks in side pigeon with counters (include soft knife and soft elbow)

Stamina: 20 Intermediate boxing combos (10 each side)

Strength: 25 Push-ups

History: Wing Chun (Ng Mui/Yim Wing Chun, China, 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

Stamina: 15 Burpees

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: Pinan 4

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



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)

Kata and Applications

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

140 Punches, chops, etc.

20 Intermediate boxing combos

15 Burpees, 25 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: 40 Soft style blocks in side pigeon with simultaneous counter attacks

Stamina: 20 Intermediate boxing combos (10 each side)

Strength: 25 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)

Stamina: 15 Burpees

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: 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



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

Pinan 5

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

140 Punches, chops, etc.

20 Intermediate boxing combos

20 Burpees, 25 Pushups

History and Philosophy

Code of Ethics: Tenet 4

8 Sources of Learning

History of Aikido

Standardized Workout and Test

Stamina: 80 Ridgehand strikes (inner and outer)

Stamina: 60 Sweeping blocks (three levels) in side pigeon (with counters)

Stamina: 30 Intermediate boxing combos (15 each side)

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

Strength: 25 Push-ups

Kicking: Flying double front kicks (add downward forearm and inner/outer ridge hands)

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

Stamina: 15 Burpees

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

Kata: Pinan 5

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



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

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

160 Punches, chops, etc.
20 Intermediate boxing combos
15 Burpees, 25 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: 60 Soft style blocks in pigeon with counter attacks

Stamina: 20 Intermediate boxing combos (10 each side)

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

Strength: 25 Push-ups

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)

Stamina: 15 Burpees

Kicking: Dropping kicks with U-punch counter

Kata and Apps: Pinan 5 with applications

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

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



Children's Curriculum Junior Brown Belt



Time in Rank

Three months/24 classes

Hand Techniques

Tiger mouth strike

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

Kata

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

160 Punches, chops, etc.

20 Basic boxing combos

15 Burpees, 25 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: 60 Soft style blocks (introduce double blocking)

Stamina: 20 Intermediate boxing combos (10 each side)

Philosophy: 5 Negatives to Avoid in Teaching

Judo: Ogoshi, finish with ude gatame

Strength: 25 Push-ups

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)

Stamina: 15 Burpees

Matwork: Randori with hiza gatame

Kata: Jutte



Children's Curriculum Junior One Black Stripe



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

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

160 Punches, chops, etc.
20 Advanced boxing combos
20 Burpees, 30 Pushups

History and Philosophy

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

Standardized Workout and Test

Stamina: 100 Hard style punches, chops, blocks, etc., include bent wrist strikes

Stamina: 60 Soft style blocks (double blocking)

Board Breaking: One direction

Stamina: 20 Advanced boxing combos (10 each side)

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

Kicking: Inside roundhouse kick (add hands)

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

Strength: 30 Push-ups

Kata: Tension form/Fighting form (part 1/moves #1-12)

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

Kicking: Spinning reverse crescent kick (add hands)

Sparring: Electric Shock Principle, 3 Two-minute rounds

Weapons: Bo 1 and applications

Self Defense: Shiho nage (four directions throw)

Stamina: 20 Burpees

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

Matwork: Hiza gatame and grappling

Kata and Apps: Jutte with applications

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



Children's Curriculum

Junior Two Black Stripes



Time in Rank

Three months/24 classes

Hand Techniques

Bearhand strike
Bearhand knuckle strike
Palm corner strike
Rising punch

Blocking Techniques

Palm corner block

Leg Techniques

Reverse dropping kick
Flying front/heel kick

Blocks and Punches

Up to soft style elbow block w/double blocking

Kata

Empi
Tension kata
Fighting form (part 2)

Self Defense

Crossed arm lock (juji nage)

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

180 Punches, chops, etc.
20 Advanced boxing combos
20 Burpees, 30 Pushups

History and Philosophy

History of Tai Chi Chuan
5 Think Rights

Standardized Workout and Test

Stamina: 100 Hard style hand techniques (include palm corner, rising punch, and bearhands)

Stamina: 80 Soft style blocks (double blocking with counter attacks)

Board Breaking: Two directions

Stamina: 20 Advanced boxing combos with a partner (10 each side)

Kicking: Lead hand outer ridgehand into reverse dropping kick (add follow-up techniques)

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

Strength: 30 Push-ups

Combo: Outer ridgehand, bearhand knuckle, roundhouse elbow, backfist, uppercut

Kata: Tension form/ Fighting form (part 2/to double bearhand strikes)

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

Kicking: Flying front/heel kick

Sparring: 3 Two-minute rounds

Weapons: Bo 2 and applications

Self Defense: Crossed arm lock (juji nage)

Stamina: 20 Burpees

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

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

Kata: Empi



Children's Curriculum

Junior Three Black Stripes



Time in Rank

Three months/24 classes

Hand Techniques

Forefinger knuckle strike
Middle knuckle strike
Thumb knuckle strike

Blocking Techniques

Grasping blocks
Funnel block

Leg Techniques

Serpent kick

Blocks and Punches

Up to soft style elbow block w/double blocking

Katas and Applications

Empi
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

180 Punches, chops, etc.
20 Advanced boxing combos
20 Burpees, 30 Pushups

History and Philosophy

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

Standardized Workout and Test

Stamina: 100 Hard style hand techniques (include one-knuckle strikes)

Stamina: 80 Soft style blocks (double blocking with counter attacks)

Board Breaking: Three directions

Stamina: 20 Advanced boxing combos (10 each side)

Kicking: Serpent kick (add one knuckle strikes)

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

Strength: 30 Push-ups

Kata: Tension form/ Fighting form (part 3/wheel kick series)

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

Kicking: Serpent kick (add beak strike, spearhand follow-up)

Sparring: Dynamic Blindspot, 3 Two-minute rounds

Weapons: Louie Tatáta's single tambo drill (Inosanto Box Drill)

Judo: Ippon seoi nage, Yoko otoshi, Tani otoshi

Stamina: 20 Burpees

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

Kata and Apps: Empi with applications

Philosophy: 5 'Tions of Teaching (demonstration, simplification, explanation, repetition, corr.)



Children's Curriculum

Junior Four Black Stripes



Time in Rank

Three months/24 classes

Hand Techniques

One finger strike
Two finger strike
Thumb strike
Scissors punch
Looping ridgehand

Leg Techniques

Flying reverse crescent/roundhouse
Flying crescent/wheel kick
Flying front/side kick

Blocks and Punches

Up to soft style elbow block
w/double blocking and counters

Kata

Chinte
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

200 Punches, chops, etc.
20 Advanced boxing combos
20 Burpees, 30 Pushups

History and Philosophy

5 Loves of a Sensei
Foundation for Peak Performance

Standardized Workout and Test

Stamina: 100 Hard style hand techniques (include scissors punch and looping ridgehand)

Stamina: 100 Soft style blocks in pigeon with counter attacks

Board Breaking: Four directions

Strength: 30 Push-ups

Stamina: 20 Advanced boxing combos (10 each side)

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

Kicking: Flying reverse crescent/roundhouse kick

Kata: Tension form

Kicking: Flying crescent/wheel

Sparring: 3 Two-minute rounds

Weapons: Tambo 2 and applications

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

Kata: Fighting form (part 4/up to double chops)

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

Matwork: Randori and newaza (throwing and groundwork)

Stamina: 20 Burpees

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

Kata: Chinte

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



Children's Curriculum Junior Black Belt



Time in Rank

Three months/24 classes

Hand Techniques

Outer forearm strike

Inner forearm strike

Blocking Techniques

Punching block

Leg Techniques

Jump wheel kick

Footwork

Irimi

Blocks and Punches

Up to soft style elbow block
w/double blocking and counters

Katas and Applications

Chinte

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

Stamina and Strength

200 Punches, chops, etc.

20 Advanced boxing combos

25 Burpees, 30 Pushups

History and Philosophy

Comprehensive written examination

Standardized Workout and Test

Stamina: 100 Hard style hand techniques (include inner and outer forearm strikes)

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

Board Breaking: Four directions

Strength: 30 Push-ups

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

Stamina: 20 Advanced boxing combos (10 each side)

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

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

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

Aikido: Irimi nage, Kokyo nage

Stamina: 25 Burpees

Weapons: Knife defense

Kicking: Jump wheel kick to a target, Fighting form,

Weapons: Bo 3 and applications

Kata and Apps: Chinte with applications

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

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 three paths, one for beginner, one for intermediate, and one for advanced rank students:

1) Beginners: 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, or for a student who is returning from an extended absence.

2) Intermediate: 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 (including written tests and video requirements), he or she would be tested for 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.

3) Advanced: If the student has earned a Junior Black Belt, then their next task is to complete the requirements to earn an Adult Black Belt as though he or she were the rank of an adult Two Black Stripe, particularly the prescreening video requirement. Since they have not done any prescreening videos yet, they will be required to video the entire curriculum from 1 green stripe through black belt.

Study at Home!

You can find all sorts of interesting things,
including free downloads detailing all aspects
of the curriculum on the Satori Dojo website.

Visit us at:

www.Satori-Dojo.com

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

There is even a playlist made just for **kids!**

Just search for

Satori Dojo

And look for our logo...

