

# 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

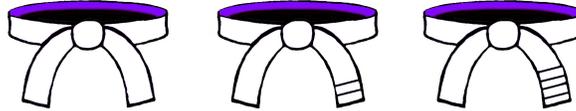
White Belt



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

**Stamina and Strength:** 5 Burpees

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

**Basics:** 10 Horizontal punches in rectangular stance

**Basics:** 10 Consecutive Horizontal punches in rectangular stance

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

**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)

**Stamina:** 5 push-ups

**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:** 5 Burpees

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

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

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

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

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

**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

**Strength:** 5 Push-ups

**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



## 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:** 5 Burpees

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

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

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

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

**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)

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

**Strength:** 5 Push-ups

**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"/>
--	-----------------------	--------------------------	--------------------------	--------------------------

## KATA AND APPLICATIONS

	Taikyoku	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
--	----------	--------------------------	--------------------------	--------------------------

## 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

	60 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"/>
	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"/>
	5 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



## 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:** 10 Burpees

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

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

**Basics:** 20 Punches in lunge stance

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

**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)

**Strength:** 10 Push-ups

**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



## 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:** 10 Burpees

**Basics:** 20 Vertical punches in rectangular stance

**Basics:** 20 Vertical backfists in rectangular stance

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

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

**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

**Strength:** 10 Push-ups

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

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

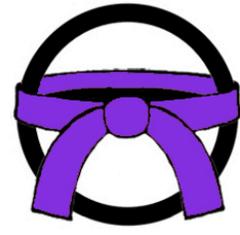
**Blocks and Punches:** Up to outer block (left, right, right, left in rectangular stance)

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

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



# Children's Curriculum Purple Belt



## 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:** 10 Burpees

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

**Basics:** 30 Punches, chops, kicks, and blocks in lunge stance

**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

**Strength:** 10 Push-ups

**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

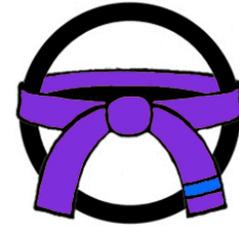
	80 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10 Burpees, 10 Push-ups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	80 Punches, Chops, Etc.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	10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

**Basics:** 20 Double vertical backfist strikes in rectangular stance

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

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

**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)

**Strength:** 15 Push-ups

**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:** 10 Burpees

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

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

**Basics:** 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)

**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)

**Strength:** 15 Push-ups

**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

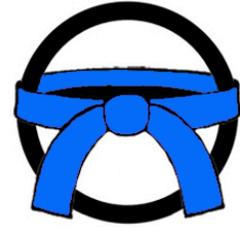
**Self Defense:** Stamping kick set (moves 1 to 5)

**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:** 10 Burpees

**Basics:** 30 Punches in rectangular stance (horiz., vertical, double, hi-low, triple level)

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

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

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

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

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

**Strength:** 15 Push-ups

**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

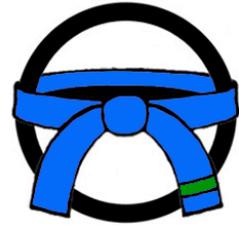
- 100 Punches, Chops, Etc.
- 10 Burpees/ 15 pushups, situps
- 100 Punches, Chops, Etc.
- 10 Burpees/ 15 pushups, situps
- 100 Punches, Chops, Etc.
- 10 Burpees/ 15 pushups, situps

### 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:** 15 Burpees

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

**Basics:** 40 Outer chops with low chop block in lunge stance

**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)

**Strength:** 20 Push-ups

**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:** 15 Burpees

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

**Basics:** 10 Triple level palm heel strikes in rectangular stance

**Basics:** 10 Outer chops with low block in lunge stance

**Basics:** 10 Elbow blocks followed by vertical backfist in lunge stance

**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)

**Strength:** 20 Push-ups

**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:** 15 Burpees

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

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

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

**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

**Strength:** 20 Push-ups

**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:** 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:** 15 Burpees

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

**Basics:** 40 Soft style blocks in side pigeon with counters (include soft knife and soft elbow)

**Basics:** 20 Intermediate boxing combos (10 each side)

**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

**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)

**Strength:** 25 Push-ups

**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:** 15 Burpees

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

**Basics:** 40 Soft style blocks in side pigeon with simultaneous counter attacks

**Basics:** 20 Intermediate boxing combos (10 each side)

**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

**Strength:** 25 Push-ups

**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:** 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:** 15 Burpees

**Basics:** 80 Ridgehand strikes (inner and outer)

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

**Basics:** 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

**Kata:** Pinan 5

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

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

**Strength:** 25 Push-ups

**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)

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

**Randori:** Karate, Boxing, Wing Chun, Aikido, Judo, Tambo, or Bo



# 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:** 15 Burpees

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

**Basics:** 60 Soft style blocks in pigeon with counter attacks

**Basics:** 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

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

**Wing Chun:** Dan chi sao

**Strength:** 25 Push-ups

**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:** 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.

**Randori:** Karate, Boxing, Wing Chun, Aikido, Judo, Tambo, or Bo



# 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:** 15 Burpees

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

**Basics:** 60 Soft style blocks (introduce double blocking)

**Basics:** 20 Intermediate boxing combos (10 each side)

**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)

**Strength:** 25 Push-ups

**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:** Jutte

**Randori:** Karate, Boxing, Wing Chun, Aikido, Judo, Tambo, or Bo



# 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:** 20 Burpees

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

**Basics:** 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)

**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)

**Randori:** Karate, Boxing, Wing Chun, Aikido, Judo, Tambo, or Bo



# 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:** 20 Burpees

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

**Basics:** 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)

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

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

**Kata:** Empi

**Randori:** Karate, Boxing, Wing Chun, Aikido, Judo, Tambo, or Bo



# 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:** 20 Burpees

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

**Basics:** 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

**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.)

**Randori:** Karate, Boxing, Wing Chun, Aikido, Judo, Tambo, or Bo



# 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:** 20 Burpees

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

**Basics:** 100 Soft style blocks in pigeon with counter attacks

**Board Breaking:** Four directions

**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

**Strength:** 30 Push-ups

**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)

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

**Kata:** Chinte

**Philosophy:** Foundation for Peak Performance

**Randori:** Karate, Boxing, Wing Chun, Aikido, Judo, Tambo, or Bo



# 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:** 25 Burpees

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

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

**Board Breaking:** Four directions

**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)

**Strength:** 30 Push-ups

**Aikido:** Irimi nage, Kokyo nage

**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

**Randori:** Karate, Boxing, Wing Chun, Aikido, Judo, Tambo, or Bo

# 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](http://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...

