



BEGINNER CURRICULUM

FOCUS

STUDENT NAME: _____ BELT RANK: _____

RED STRIPE – WEEK 1 - 4

TECHNIQUE DRILL – 16 COUNT

SIDE KICKS

- 🦅 DEFENSIVE/FRONT LEG
- 🦅 SLIDING

Chamber	Foot Pos.	Speed/Power	Hands Up	Target
☐	☐	☐	☐	☐
☐	☐	☐	☐	☐

NOTES:

BLUE STRIPE – WEEK 5 - 8

HAND TECHNIQUES

- 🦅 BACKFIST
- 🦅 MIDDLE PUNCH
- 🦅 HOOK

Pivot	Hand Pos.	Speed/Power	Hands Up	Target
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☐	☐	☐	☐	☐
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SELF DEFENSE – FRONT CHOKE

- 🦅 ARM UP - SEATBELT
- 🦅 ARM UP, TWIST

BLACK STRIPE – WEEK 9 - 12

COMBINATION

- 🦅 JAB, CROSS, OFFENSIVE ADVANCING FRONT KICK, DEFENSIVE SIDE KICK, BACKFIST, MIDDLE PUNCH

ALL TECHNIQUES FROM RED AND BLUE STRIPE CURRICULUM

STUDENTS UNDER 8 YEARS OLD WILL BE TESTED OVER UNDERLINED & ITALICIZED TECHNIQUES ONLY.