



BEGINNER CURRICULUM

CONFIDENCE

STUDENT NAME: _____ BELT RANK: _____

RED STRIPE – WEEK 1 - 4

TECHNIQUE DRILL – 16 COUNT

ROUND KICKS

- DEFENSIVE
- TURNING

Chamber	Foot Pos.	Speed/Power	Hands Up	Target
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NOTES:

BLUE STRIPE – WEEK 5 - 8

HAND TECHNIQUES

- PALM HEEL
- WEBHAND (FRONT HAND)
- KNIFEHAND (BACKHAND)

Pivot	Hand Pos.	Speed/Power	Hands Up	Target
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SELF DEFENSE – WILD PUNCHES

- WILD PUNCH
- WILD PUNCH WITH GRAB

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.