



INT/ADV CURRICULUM

CYCLE 5 - VISION

STUDENT NAME: _____ BELT RANK: _____

RED STRIPE - WEEK 1 - 4

TECHNIQUE DRILL - 27 COUNT

ROUND KICKS

-  DEFENSIVE
-  TURNING OFFENSIVE REPLACING
-  TURNING OFFENSIVE ADVANCING
-  SKIPPING
-  PULLING

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

BLUE STRIPE - WEEK 5 - 8

HAND TECHNIQUES

-  JAB
-  CROSS
-  PALM HEEL

Pivot	Hand Pos.	Speed/Power	Hands Up	Target
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SELF DEFENSE - WILD PUNCH, PUSHES, TACKLE

-  WILD PUNCH
-  SHORT PUSH
-  LONG PUSH

BLACK STRIPE - WEEK 9 - 12

COMBINATION (AGES 5-7)

-  PULLING ROUND, BOUNCE OFF SIDE KICK, BACKFIST, MIDDLE PUNCH

SPARRING CONCEPT (AGES 8+)

-  CREATING OPENING / SETTING TRAPS

ALL TECHNIQUES FROM RED AND BLUE STRIPE CURRICULUM

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