

# Cuong Nhu Oriental Martial Arts

## Adult Curriculum

### Green Belt Requirements

#### **Stances**

- Parallel Stance
- Inward Stance
- Pigeon Stance
- Crescent Stance

#### **Hand Techniques**

- Close Punch
- Outer Diagonal Chop
- Palm Heel Strike
- Elbow Strikes
  - Upward
  - Backward
  - Forward
  - Side
  - Back Roundhouse

#### **Blocking Techniques**

- Side Elbow Block
- Palm Heel Block
- Double Forearm Block
- Sliding Block (High/Middle/Low)
- Soft Elbow Block
- Middle / Low Block

#### **Leg Techniques**

- Side Snap Kick
- Crescent Kick
- Shin Block
- Deflecting Knee Block
- Rear Leg Charge
- Balanced Combos to Midlevel
  - Front/Side/Roundhouse Kicks
  - Three Roundhouse Kicks

#### **Footwork**

- Sliding

#### **Katas & Applications**

- Pinan Three
- Formatted Applications

#### **Blocks & Punches**

- Add to set:  
(In Inward Stance)
  - Elbow Block
  - Middle/Low Blocks

#### **Escaping Techniques**

- Elbow Strike

#### **Dropping Techniques**

- Front Drop
- Side Drop
- Front Tumble

#### **Sparring & Self-Defense**

- Free Sparring Drills
- Load and Explode
- Ten Directions off-line

#### **Stamina**

- 150 Lunges
  - Outer Diagonal Chop
  - Low Chop Block
- Pushups
  - 20 Palm
  - 15 Fingertip

#### **Leadership & Philosophy**

- Five Sources of Power
- Seven Martial Arts of Influence
- Five Controls for Self-Defense
- Five All's for Escaping
- Five Wins of a Winner
- Ten Don'ts of Sparring
- Code of Ethics

#### **Written Test**

- One week prior to test