

Cuong Nhu Oriental Martial Arts Children's Curriculum One Blue Stripe Requirements

Hand Techniques

- Double Vertical Backfist Strike

Blocking Techniques

- Reinforced Inner Middle Block
- Lower X-Block
(From Sides)
(Closed Hands)
- Upper X-Block
(Closed Hands)

Leg Techniques

- Jumping Front Kick
- Side Stamping Kick

Footwork

- Moving in Side Stance
 - Crossover from Front
 - Crossover from Behind
 - Shuffle
 - Slide
 - Hop

Blocks and Punches

- Up to:
 - Knifehand Block

Katas & Applications

- Taikyoku / Kata One
- Taikyoku / Kata Two
- Taikyoku / Kata Three
- Taikyoku / Kata Four
- Taikyoku / Kata Five /
Combination Kata /
Modified Kata / Machine
Gun Kata
- Pinan One

Escaping Techniques

- Thumb Escape
- Stamping Kick
 - One Hand Grabs Wrist
Same Side
 - One Hand Grabs Wrist
Opposite Side

Dropping Techniques

- Forward Roll

Sparring & Self-Defense

- Three-Step Prearranged Sparring
- O'Sensei Guard
- Modern Guard

Verbal Defense & Safety

Stamina and Strength

- Punches
 - 50 Single
 - 35 Triple Level
- Lunges
 - 50 with Punches
 - 50 with Inner Chops
 - 50 with Outer Chops
- Pushups
 - 20 Palm
 - 5 Palm