

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

Stances

- Natural Stance
- Attention Stance
- Rectangular Stance
- Kicking Stance
- Forward Stance
- Drop (Serpent) Stance

Hand Techniques

- Horizontal Punch
- Lunge Punch
- Reverse Punch
- Inner Horizontal Chop

Blocking Techniques

- Lower Block

Leg Techniques

- Upward Knee Kick
- Front Snap Kick

Footwork

- Reverse
- Moving in Forward Stance
 - Forward
 - Backward

Escaping Techniques

- Defense Against a Choke
 - Ducking Out

Verbal Defense & Safety

Stamina and Strength

- Punches
 - 25 Single
 - 25 Triple Level
- Lunges
 - 25 with Punches
 - 25 with Inner Chops
- Pushups
 - 5 Palm