

# Cuong Nhu Oriental Martial Arts Children's Curriculum Purple Belt Requirements

## **Stances**

- Back Stance
- Diagonal Stance

## **Blocking Techniques**

- Knifehand Block

## **Leg Techniques**

- Jumping Knee Kick
- Flying Knee Kick
- Jumping Double Knee Kick
- Flying Double Knee Kick

## **Footwork**

- Moving in Diagonal Stance
  - Forward
  - Backward
- Moving in Back Stance
  - Forward
  - Backward
- Jumping in Forward Stance

## **Blocks and Punches**

- Add to set:
  - Knifehand Block

## **Katas & Applications**

- Taikyoku / Kata 1
- Taikyoku / Kata 2
- Taikyoku / Kata 3
- Taikyoku / Kata 4
- Taikyoku / Kata Five /  
Combination Kata /  
Modified Kata / Machine  
Gun Kata

## **Escaping Techniques**

- Thumb Escape

## **Sparring & Self-Defense**

- Five-Step Prearranged Sparring

## **Verbal Defense & Safety**

## **Stamina and Strength**

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