

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

Hand Techniques

- Lower X-Block
(Open Hands)
- Upper X-Block
(Open Hands)
- Elbow Block

Leg Techniques

- Side Thrust Kick
- Back Thrust Kick
- Flying Front Kick

Footwork

- Checkbox Pattern

Blocks and Punches

- Add to set:
 - Elbow 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
- Modified Kata:
 - (Kata One, Three, Four)
 - with Side Stances
 - with Diagonal Stances
 - with Back Stances

Escaping Techniques

- Thumb Escape
- Stamping Kick
 - Two Hands Grab One
Wrist
 - Two Hands Grab Both
Wrists from Front

Dropping Techniques

- Backward Roll

Sparring & Self-Defense

- One-Step Prearranged
Sparring

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