

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

## **Hand Techniques**

- Vertical Chop

## **Blocking Techniques**

- Inner Middle Block
- Rising Block

## **Leg Techniques**

- Roundhouse Knee Kick

## **Stamina and Strength**

- Punches
  - 30 Single
  - 30 Triple Level
- Lunges
  - 30 with Punches
  - 30 with Inner Chops
- Pushups
  - 8 Palm

## **Escaping Techniques**

- Learn all attacks:
  - One Hand Grabs Wrist Same Side
  - One Hand Grabs Wrist Opposite Side
  - Two Hands Grab Both Wrists
  - Two Hands Grab Both Wrists from Front
  - Two Hands Grab Wrist from Behind
  - Bearhug from Behind
  - One Hand Grabs Shoulder from Front
  - Two Hands Grab Both Shoulders from Front
  - Choke
- Step to Dead Side
- Defense Against a Choke
  - Windmill Escape

## **Verbal Defense & Safety**