

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

## **Hand Techniques**

- Double Vertical Chop

## **Blocking Techniques**

- Double Rising Block

## **Leg Techniques**

- Roundhouse Kick

## **Footwork**

- 90° Turn
- 180° Turn
- 270° Turn

## **Blocks and Punches**

- Left, Right, Right, Left Sequence
  - Lower Block
  - To One Arm

## **Katas & Applications**

- Taikyoku / Kata One

## **Escaping Techniques**

- Thumb Escape
  - One Hand Grabs Wrist Same Side
  - One Hand Grabs Wrist Opposite Side
- Defense Against a Choke
  - Double Rising Block

## **Verbal Defense & Safety**

## **Stamina and Strength**

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