

TEEN/ADULT UNDERBELT PROGRAM CURRICULUM BY BELT LEVEL

(prior to Brown)

Basics

	Basic Hand Strikes
	8-point Blocking system
	Front Ball & Instep Kicks
	Side Blade Kicks
	Crescent kicks
	Falling
	Spinning Back Kicks
	Advanced Hand Strikes
	Circular blocks
	Ridgehands
	Reverse Crescent Kicks
STRIPE	Snap Reverse Crescent Kicks
STRIPE	Hook Kicks (&into roundhouse, side)

	Pistol fingers, double pistol fingers
	Spinning Reverse Crescent Kicks
	Circular Trap Blocks
STRIPE	Wheel kicks
STRIPE	Trigger finger
STRIPE	Jump double front ball kicks
STRIPE	Jump double front ball into crescent kick
STRIPE	Hopping front thrust kick
STRIPE	Shuffling crosshand swordhand
	Punches out of Honsukee
	Spinning Back Fist
	Cross over, Fake Spinning Back Kick into a Spinning Back Fist
	Foot Drag

Katas

	One Pinan
	Two Pinan
STRIPE	One Kata
	Two Kata
	One into Two Kata
	Statue of the Crane
	Three Pinan
	10-Point
STRIPE	Four Pinan
STRIPE	Five Pinan
STRIPE	Otisopse

Combinations

STRIPE	#2
STRIPE	#3
	#3 inside
STRIPE	#4
STRIPE	#5
	#6
	#7
STRIPE	#8
	#9
	#10
	#12
STRIPE	#13
	#14
STRIPE	#15
STRIPE	#16
	#18
STRIPE	#23
STRIPE	#24

Punch Techniques

37	STRIPE	Half Mooning Backward Crescent Kick Takedown
36	STRIPE	Cat Stance Elbow Break
35	STRIPE	Circular Trap Elbow Break
34	STRIPE	Soft Block Double Elbows
33	STRIPE	Spinning Reverse Crescent Ridgehand
32		Circular Twist Stance
31		Cross Block Arm Bar
30		Circular Trap Arm Bar
29		Double Knee Claw
28		Pressing Palm Hook Roundhouse
27		T-off
26	STRIPE	Ridgehand Choke
25	STRIPE	Cat Stance Claw
24	STRIPE	Cat Stance 45
23	STRIPE	Belt Technique
22		Aikido Punch Technique
21		Circular Neck Break
20	STRIPE	Twist Stance Palm Heels
19	STRIPE	Jump Spinning Reverse Crescent Kick
18	STRIPE	Circular Backfist Wheel Kick
17		1/2 Mooning Backward Roundhouse Instep
16		Reverse Crescent Roundhouse
15		Circular Chicken Wrist
14	STRIPE	Swordhand Block/Inward Palms
13	STRIPE	Front Sweep
12	STRIPE	Inward Palm/Thrust Punch
11	STRIPE	Upward Block Poke to the Nerve Center
10		Swordhand/Swordhand/Front2/Front2
9		Triple Hammers
8		Double Back Kicks
7		Basic Leg Hock
6	STRIPE	Ten Year Headache
5	STRIPE	Spin Around Elbow to the Spine
4		Temple/Kidney/Groin with Leg Hock
3		Driving Elbows Front Ball Kick
2		Temple/Kidney/Groin
1		First Kenpo Punch Technique

Club/Knife Techniques

	1st Overhead Club
STRIPE	2nd Overhead Club
	3rd Overhead Club
	4th Overhead Club
STRIPE	5th Overhead Club
STRIPE	6th Overhead Club
STRIPE	1st Side Club
	2nd Side Club
	3rd Side Club
STRIPE	1st Cross Club
STRIPE	2nd Cross Club
STRIPE	3rd Cross Club
STRIPE	1st Knife
	2nd Knife
STRIPE	3rd Knife Technique A & B
STRIPE	4th Knife
STRIPE	5th Knife

Jujitsu Techniques

	1st Front Choke
	2nd Front Choke
	1st Rear Choke
STRIPE	2nd Rear Choke
STRIPE	Rear Bear Hug Arms Free
	2nd Rear Bear Hug Arms Free
STRIPE	Head Lock Technique
STRIPE	1st Wrist Grab
	2nd Wrist Grab
STRIPE	1st & 2nd Lapel Grabs
STRIPE	The Weave
STRIPE	Single Wrist Grab
STRIPE	Cross Wrist Grab

