

YOUTH & ADULT GREEN—BLACK BELT CURRICULUM SHEET: Testing Jun. 2022

This curriculum sheet is for Green, Blue, Brown, Red, and Black Belts in the Youth Program (for students ages 12 to 15) and in the Adult Program (for students ages 16 & above). Your goal in class is to learn the following curriculum and earn your *“Permission to Test”* stripe.

TIE BELT CORRECTLY

HO AM FORM

[Stopping Points: *Green Belts—Line 10, Blue Belts—Line 16, Brown Belts—Line 21, Red Belts—Line 27, Jr. Black Belts—Line 33*]

1	Step to left, Left High Block	Left Front Stance
2	Step together, step to right, Right High Block	Right Front Stance
3	Step together, step forward, Left Low Block	Left Front Stance
4	Step up, Twin Low Block	Standing Stance
5	#1 Right Side Kick, Right Knife Hand Strike	Sitting Stance
6	#3 Right Knife Hand Strike (CAT 2)	Sitting Stance
7	Left Outer Forearm Block	Sitting Stance
8	Right Punch/Left Punch (CAT 2)	Sitting Stance
9	Turn to front, #2 Left Front Kick, #2 Right Punch	Left Front Stance
10	Step, #2 Left Punch (CAT 2)	Right Front Stance
11	#1 Right Round kick, #1 Right Knife Hand Strike	Right Back Stance
12	Turn to back, Left Arc Hand	Left Back Stance
13	#3 Left Round Kick, Left Knife Hand Low/High Block	Left Back Stance
14	Left Knife Hand Strike	Left Back Stance
15	#2 Right Round Kick, Right Knife Hand Low/High Block	Right Back Stance
16	Right Knife Hand Strike	Right Back Stance
17	#2 Left Front Kick, Spin Outside Crescent Kick	Left Back Stance
18	#3 Left Hop Front Kick, Twin High Punch	Left Front Stance
19	Right Knife Hand Strike	Left Front Stance
20	#2 Right Side Kick, Left Middle X-Block (knife hand)	Left Back Stance
21	Step, Right Knife Hand High Block/#2 Left Punch	Right Front Stance
22	Step together, Twin fists on hips	Closed Stance
23	Step in front, Right Side Kick	--
24	Step in front, Twin Elbows	Left X Stance
25	Step, Right Twin Horizontal Punch	Right Back Stance
26	Left Front/Side Kick, Left Knife Hand Strike	Sitting Stance
27	Right Front/Side Kick, Right Knife hand Strike	Sitting Stance
28	Step together, step forward, Right Knife Hand Low Block	Right Back Stance
29	#2 Left Twist Kick, Left Low Block	Left Back Stance
30	Left Outer Forearm Block	Left Back Stance
31	Step back, Right Knife Hand Low Block	Right Back Stance
32	Step back, Left Outside Block	Left Back Stance
33	Right Spin Side Kick, Twin High Punch	Right Front Stance
34	Right Knife Hand Outside Block (slow)	Right Front Stance
35	Right Inner Knife Hand Strike—L. hand under R. elbow (slow)	Right Front Stance
36	Step around to back, Right Low X-Block (fist)	Right Front Stance
37	Right High X-Block (knife hand)	Right Front Stance
38	Wrist Lock, #2 L. Punch (right knife hand on top of left elbow)	Right Back Stance
39	Left Hammer Fist (right palm on side of left fist)	Left X Stance
40	Left Open Palm Down Block	Left L Stance
41	#2 Right Hook Kick	
42	Step out, Left Knife Hand High Block/Right Punch	Sitting Stance

SPARRING RULES

1. Hands Nose High
2. Stay Busy
3. Be an Effective Blocker
4. Kick and Punch in Combinations
5. Kick and Punch Above the Belt
6. Control Contact

SELF DEFENSE SKILLS

Counter to Punch Attack:

1. Cover Block, Wrap Arm, Palm Heel, Knee
2. Avoid, Front Kick, Strike
3. Avoid, Round Kick, Strike
4. Avoid, Side Kick, Strike

BOARD BREAKING

- #3 Right Side Kick
- #3 Left Side Kick
- #2 Right Front Kick
- #2 Left Front Kick

One attempt at each. Blue–Red Belts must break at least 2 to pass. Black Belts must break at least 3 boards to pass.

Age	Color
5–7	White
8–9	Yellow
10–11	Orange
12–14 Girls; 46+ Women 12–13 Boys	Green
15–45 Women 14–15 Boys, 46+ Men (up to 2L3 Black Belt)	Blue
16–45 Men (up to 2L3 Black Belt) 46+ Men (3DL1 Black Belts & above)	Brown
16–45 Men (3DL1 Black Belts & Above)	Black