

## **Blue Belt 1st, 2nd, & 3rd Degree Curriculum**

### **Kicks**

Jump Back Kick

Jump Hook Kick

Jump Front Knee

Reverse Round House Kick

### **Blocks**

Double Out/In Block

Double High Block

Downward Palm Block

### **Stances**

Crane Stance

Leaning Lower Stance

### **Hand Techniques**

Low Block/Knife hand Middle

Middle block/Knife Hand Low

Out/In Block/Knife Hand Low

High Block/Reverse High Knife Hand

### **Punches Combo's**

Snap Kick/Reverse punch

In/Out Crescent Kick/Reverse Punch

Out/In Crescent Kick/Reverse Punch

Round House/Reverse Punch

### **Kata's-(2 of your style)**

Give 2 Kata's over all 3 levels

Of Blue Belt 1st, 2nd, and 3rd Degrees

This should be Kata's #6 &7

### **Sparring – (Contact Sparring)**

Start 2 minute rounds with LIGHT contact

### **Self Defense (1 Hands on 1 Hand Grab)**

Give students 4 – 2 Hands on 1 of your choice.

### **Weapons – Bo-Staff**

Start on a Bo-Staff Kata

### **Go Over one of the Awareness's**

1. Stanger Danger
2. Bully Buster
3. Safety Awareness

### **Stepping Forward Techniques:**

Pick 3 total for each level. When finished with all 3 levels of Blue Belt, should have 18 in all.

### **Go over Student Creed**

**Dojo Etiquette** – (Bowing In/Bowing out. If late for class have students ask permission to enter the floor and bow before just walking in on class.) Add on more History and Terminology.