

4-7 Year old Curriculum

- White Belt** Chumbi (ready – don't move), Charyo (attention) , Keyugye (bow or salute)
3 Parts of Listening (Eyes on speaker, Body doesn't move & Mouth stays quiet)
Double Block
Hammer Fist, Front Kicks, Side Stomps, Thrust Kicks w/pad on wall, 1-2 Punches on pad
Self Defense Shirt Grab – Drop to floor, stomp on knees, yelling “Help Stranger” (Bring Parents out to help)
Child and Parents should know why it is important to yell “Help Stranger”!
- Gold Belt** Front Kicks from a fighting stance, Round Kicks (on bar w/instructors holding x-papers)
Backfist, Thrust Kick, Wheel Kick over pad (Just 1 side), Side Kick (pad on wall)
High Block, Outside & Inside Block
Self Defense Attacker Covers Mouth – Pull hand down, run, yelling “Help Stranger” (Bring parents)
- Green Belt** Punch w/Twisting (from fighting stance) & Round Kick
Backfist, Thrust Kick, Wheel Kick over pad (Just 1 side), side Kick (pad on wall)
Sudo Block, Jump Side Kick (on pad on wall)
Self Defense Shirt Grab Foot-stomp or eye scratch (on hand target), run to safe place, yelling stranger (Bring parents)
- Purple Belt** Double Round Kick (low/high)
Slide Side Kick
Double Block
Self Defense Arm Bar Choke-Pull, Bite Arm, Run to safe place yelling stranger (Bring parents)
- Blue Belt** Hook Kick (On bar w/Instructors holding x-ray papers)
Turn Side Kick
High Block
Self Defense Wrist Grab-Tug of War w/hammer fist, run to safe place yelling stranger (Bring parents)
- Red Belt** Back Leg Round Kick, Jump scissor Kick
Spin Hook Kick
Sudo Block, Shift Punch
Self Defense Choke-Raise arm up, rotate body, Drop elbow to opposite hip, run to safe place yelling stranger
Stranger Putting Child in Car- Two parents holding pads with a space in between, child puts feet out
- Brown Belt** Hook Kick, Round Kick Combo
Tornado Kick
Low block
Self Defense Bear Hug
- Black Belt** Jump Turn Side Kick
1-2 Punch, Back Leg Round Kick Combo
Sudo Block, Shift High Block & Sudo Block, Shift Low Block
Self Defense All Previous

Testing
Notes: **Belt & Stripe Tests should be a review of what you worked on that day.**
Stripe Tests will be 1 or 2 moves from that days class and demonstrating good self-discipline.
Belt Test- Student should know the Word of the Week.
Belt Test- Student should have at least one Life Skills Black Stripe