



# Adult Curriculum for One Green Stripe

(Eighth Kyu)



## Stances

Natural stance  
Attention stance  
Rectangular stance  
Kicking stance  
Forward stance  
Cat stance  
Diagonal stance

## Hand Techniques

Lunge punch  
Reverse punch  
Double punch  
High/low double punch  
Vertical punch  
Inner chop  
Downward elbow strike  
Roundhouse elbow strike  
Jab  
Cross  
Hook  
Uppercut

## Blocking Techniques

Lower block  
Inner middle block  
Rising block  
Double inner middle block

## Leg Techniques

Upward knee kick  
Roundhouse knee kick  
Front snap kick  
Front thrust kick  
Low back stamping kick

## Footwork

Directional Movements:  
90° 180° 270°

## Kata and Applications

Kata 1: Taikyoku (First Cause)  
Katas 2, 3, and 4  
Applications

## Blocks and Punches

(rectangular stance)  
Lower block  
Inner middle block  
Rising block

## Self-Defense

Thumb escape  
Scoop throw (sukui nage)

## Dropping Techniques

Low side drop  
(from flat on mat and squatting)

## Stamina

Lunges: 100 w/ chop or punch  
Punches: 100  
Pushups: 20 palm

## Leadership and Philosophy

### Three-O's Principle

Open mind  
Open heart  
Open arms

### Five Firsts for Friendship

Communicate  
Smile  
Care  
Share  
Forgive

### Five Steps to Health

Think  
Eat  
Exercise  
Rest  
Perform

### Five S's for Warmups

Safety  
Slowness  
Self-awareness  
Stretching  
Strengthening

### Five A's for Self Defense

Awareness  
Alertness  
Avoidance  
Anticipation  
Action

### Five W's for Self Defense

Wrong time  
Wrong place  
Wrong people  
Wrong attitude  
Wrong techniques

### Five R's for Self Defense

Right perspective  
Right time  
Right place  
Right techniques  
Run



# Adult Curriculum for Two Green Stripes

(Seventh Kyu)



## Stances

Side stance  
Back stance

## Hand Techniques

Vertical backfist strike  
Horizontal backfist strike  
Vertical spearhand thrust  
Horizontal spearhand thrust  
Outer horizontal chop

## Blocking Techniques

Knifehand block  
Outer block  
Reinforced block  
Lower x-block  
(open / closed hands)  
Upper x-block  
(open / closed hands)

## Leg Techniques

Stamping kicks  
Side thrust kick  
Back thrust kick  
Roundhouse kick

## Footwork

Shuffle (in side stance)  
Crossover:  
(in side stance, in front  
and behind)  
Hopping

## Kata and Applications

Kata 5: Combination kata  
Pinan 1 (Peaceful Mind)  
Applications

## Blocks and Punches

(rectangular stance)  
Add:  
Knifehand block  
Outer block

## Self-Defense

Stamping kick  
Floating drop (uki otoshi)

## Dropping Techniques

Forward roll  
Backward roll

## Stamina

Lunges: 150  
(w/outer horizontal chop)  
Pushups: 10 fingertip  
20 palm

## Leadership and Philosophy

### Five P's of Achievers

Perspective  
Patience  
Perseverance  
Pride in accomplishment  
Practice 'til perfect

### Five D's of a Winner

Direction  
Discipline  
Determination  
Dedication  
Do 'til death

### Five Think Rights

#### (No Brain, No Gain)

Think simpler  
Think faster  
Think better  
Think deeper  
Think wiser

### Five Res's for Interrelating

Responsibility (self-respect)  
Respect others  
Responsiveness  
Resolution  
Resilience

### Five F's for Learning and Teaching

Fun  
Friendship  
Focus  
Fly your spirit  
Finish your goal

### Five Re's of Meditation

Relaxation  
Respiration  
Renewal / rejuvenation  
Reflection  
Realization



# Adult Curriculum for Green Belt

## (Sixth Kyu)



### Stances

Inward stance

### Hand Techniques

Outer diagonal chop  
Palm heel strikes  
Elbow strikes  
Upward  
Backward  
Forward  
Side  
Back roundhouse

### Blocking Techniques

Middle low block  
Side elbow block  
Palm heel block  
Double forearm block  
Sliding block: (three levels)

### Leg Techniques

Side snap kick  
Crescent kick  
Knee block  
Deflecting knee block  
Shin block  
Deflecting Shin blocks:  
To the side  
Upward  
Rear leg knee charge

### Footwork

Sliding

### Kata and Applications

Pinan 2  
Pinan 3  
Applications

### Blocks and Punches

(inward stance w/counter attacks)

Add:

Elbow block  
Middle low block

### Self-Defense

Elbow strike  
Big outer reap (osoto gari)

### Dropping Techniques

Forward roll into side drop

### Weapons

Tambo (left and right hand)  
Natural grip (yang) (duong):  
Six blocks  
Figure-8's  
14 basic strikes

### Sparring

Free sparring in class

### Stamina

Lunges: 150 (w/outer diagonal chop and low chop block)  
Pushups: 15 fingertip  
20 palm

### Written Exam

Given one week before test and attached to test form

### Leadership and Philosophy

#### Five Sources of Power

Mind  
Body  
Spirit  
Soul  
Ki

### Seven Martial Arts of Influence

Shotokan  
Boxing  
Judo  
Aikido  
Wing Chun  
Tai Chi Chuan  
Vovinam

#### Five Controls for Self Defense

Control area (awareness)  
Control yourself (fear, anger)  
Control attackers (strategy)  
Control the situation  
Control consequences

#### Five All's for Self Defense (3-D)

All angles  
All levels  
All techniques  
All situations  
All people

#### Five Wins of a Winner

Over yourself  
Opponent's respect  
Third party's respect  
Over the situation  
People's hearts

#### Ten Don'ts for Sparring

Angry  
Fearful  
Tense  
Hurried  
Waste energy  
Overconfident  
Distracted  
Pre-conceived ideas  
Discouraged if you lose  
Afraid of losing

#### Code of Ethics



# Adult Curriculum for One Brown Stripe

(Fifth Kyu)



## Stances

X stance

## Hand Techniques

Roundhouse punch

## Blocking Techniques

Inner shovel block  
Outer shovel block  
Backhand block  
Wedge block  
Arrow block  
Soft lower block  
Soft inner middle block  
Soft rising block  
Soft outer block (monkey)

## Leg Techniques

Heel kick  
Jump front kick \*  
Flying front kick \*  
Jump roundhouse kick \*  
Flying roundhouse kick \*  
Foot sweeps:  
(arch, instep, heel)

\* optional for age 40+

## Kata and Applications

Pinan 4  
Applications

## Blocks and Punches

(inward stance w/counter attacks)

Add:

Soft lower block  
Soft inner middle block  
Soft rising block  
Soft outer block (monkey)

## Self-Defense

Bent wrist (kote gaeshi)  
Knife self-defense - elbow set  
Small outer reap (kosoto gari)

## Dropping Techniques

Front drop  
Front tumble

## Weapons

Tambo (left and right hand)  
Reverse grip (yin) (am):  
Six blocks  
Figure-8's  
14 basic strikes

## Sparring

Free sparring in class

## Stamina

Boxing sequence: (30 each side:  
jab, cross, hook, upper cut)  
Pushups: 20 fingertip  
20 palm

## Public Speaking

Three minutes in class - include a  
Cuong Nhu philosophy and how it  
relates to your life and/or training

## Leadership and Philosophy

### Five Steps in Cuong Nhu Philosophy

Living  
Giving  
Caring  
Sharing  
Loving

### Five Selves

Self-acceptance / self-tolerance  
Self-confidence  
Self-esteem  
Self-control  
Selflessness

### Eight Sources of Learning

Sensei and sempai  
Classmates  
Mirrors  
Books, media  
Tournaments  
Training equipment  
Yourself  
Seminars

### Five Re's for Healing

Reduce  
Relax  
Reach  
Reevaluate  
Remember

### The Foundation for Peak Performance: Simple as ABCDE

Awareness (well prepared and  
planned) (right perspective,  
right attitude)  
Belief (in self and others)  
Commitment (to excellence)  
Dedication (labor of love)  
Enlightenment



# Adult Curriculum for Two Brown Stripes

(Fourth Kyu)



## Stances

Dinh stance  
Turtle stance  
Serpent stance

## Hand Techniques

Side punch  
U punch  
Hammer strike:  
(w/top fist)  
(w/bottom fist)  
Inner ridgehand strike  
Outer ridgehand strike

## Blocking Techniques

Sweeping blocks:  
(high, middle, low)  
Downward forearm block  
Bottom hammer fist block  
Soft knifehand block (crane)  
Soft elbow block  
Soft middle low block  
Grasping block

## Leg Techniques

Wheel kick  
Dropping kick  
Flying double front kick \*  
Flying side kick \*  
Jump side kick: \*  
(stationary/advancing/retreating)  
Foot sweeps:  
Front spinning sweep  
Back spinning sweep  
Double low spinning sweeps

\* optional for age 40+

## Kata and Applications

Up to Pinan 4  
Applications

## Blocks and Punches

(inward stance w/counter attacks)  
Add:  
Soft knifehand block (crane)  
Downward forearm block  
Sweeping block

## Self-Defense

Pressing arm (ude osae)  
Knife self-defense - bent wrist  
Valley drop (tani otoshi)

## Dropping Techniques

Back Drop

## Weapons

Tambo 1 with Applications  
Tambo – middle grip: figure 8's  
Disarms: tambo vs tambo

## Sparring

Free sparring in class

## Stamina

Pushups: 10/10 one arm  
20 fingertip  
20 palm

## Public Speaking

Three minutes in class - include a  
Cuong Nhu philosophy and how it  
relates to your life and/or training

## Leadership and Philosophy

### Five F's for Training

Fortify your body  
Find your own way  
Fly your spirit  
Feed your soul  
Flow your ki

### Five S's for Safe Training / Running

Sane – Sight  
Stretching  
Stamina  
Strength  
Speed

### Ten C's for Successful Training / Running

Commitment  
Coaching  
Consistency  
Courage  
Conditioning  
Camaraderie  
Concentration  
Communication  
Competition with yourself  
Control of your body

### Training / Running Relation to Other Sports

Focus (timing)  
Power  
Endurance  
Flexibility (conditioning)  
Perspective



# Adult Curriculum for Brown Belt

## (Third Kyu)



### Stances

Parallel stance  
Forward parallel stance

### Hand Techniques

Tiger mouth strike

### Blocking Techniques

Circular chop block  
Pressing block

### Leg Techniques

Reverse crescent kick  
Inside roundhouse kick  
Flying double kicks: \*  
    Front / side  
    Front / roundhouse  
    Front / crescent  
Axe kick (inside / outside)

\* optional for age 40+

### Kata and Applications

Jutte (Ten Hands)  
Applications

### Blocks and Punches

(inward stance w/counter attacks)  
Add:  
    Soft middle low block  
    Pressing block

### Self-Defense

Disarms: empty hand vs tambo  
Knife self-defense – pressing arm  
Hip throw (ogoshi)

### Weapons

Bo:  
    Bo 1 with Applications  
    Figure-8's: forward and reverse

### Sparring

Free sparring:  
    Three two-minute rounds

### Board Breaking

One Set by weight

### Stamina

Pushups: (maximum)  
    15/15 one arm  
    20 fingertip  
    20 knuckle  
    20 palm

### Public Speaking

Three minutes in class – include a way in which Cuong Nhu has influenced your life outside the dojo

### Written Exam

Given one week before test and attached to test form

### Written Paper

Two pages typed - Include name, date, age, rank, dojo. Include a way in which Cuong Nhu has influenced your life outside the dojo

### Leadership and Philosophy

#### Ten "Nesses" of Leadership

Fitness – Health  
Wellness – Health  
Assertiveness – PR  
Openness – PR  
Fairness - PR  
Directness – PR  
Oneness – Improvement  
Togetherness – Improvement  
Forgiveness – Improvement  
Creativeness – Improvement

#### 5 Ups of Learning and Teaching

Shut Up  
Put Up  
Beat Up  
Keep Up  
Live Up

#### Five Troubles To Avoid

Alcohol abuse  
Bigoted bull  
Cardiovascular carelessness  
Drug dependency  
Excessive ego

#### Pyramid Formulas for Happiness, Harmony and Healthy Training



# Adult Curriculum for One Black Stripe

## (Second Kyu)



### Hand Technique

Bent wrist strikes:  
horizontal  
upward  
downward  
diagonal upward  
diagonal downward  
Looping punch  
Looping ridgehand  
Palm corner strike

### Blocking Techniques

Bent wrist blocks: (three levels)  
Palm corner block  
Palm push to elbow

### Leg Techniques

Spinning reverse crescent kick  
Reverse dropping kick  
Flying back kick \*  
Flying wheel kick \*

\* optional for age 40+

### Kata and Applications

Empi (Flying Swallow)  
Applications

### Blocks and Punches

(inward stance w/counter attacks)  
Add:  
Palm push

### Self-Defense

Knife self-defense - from behind neck  
Corner reversal (sumi gaeshi)

### Weapons

Bo:  
Bo 2 and Applications

### Sparring

Free sparring:  
Three two-minute rounds

### Board Breaking

One Set by weight

### Stamina

Pushups: (maximum)  
15/15 one arm  
20 fingertip  
20 knuckle  
20 palm

### Written Paper

Two pages typed - Include name, date, age, rank, dojo. Include a way in which Cuong Nhu has influenced your life outside the dojo

### Leadership and Philosophy

Assistant teaching experience:  
15 hours

### Ten Stages of Growth

Nobody  
Learner  
Worker  
Fighter  
Achiever  
Winner  
Teacher  
Leader  
Thinker  
Philosopher  
Nobody

### Five Loves of a Sensei

Teaching  
Sharing  
Students  
Martial arts  
Growth

### Five Negatives in Teaching

Don't ridicule any student  
Don't make discriminatory remarks  
Don't push students excessively  
(to avoid burning them out)  
Don't show favoritism  
Don't lose your composure



# Adult Curriculum for Two Black Stripes

(First Kyu)



## Hand Techniques

Bearhand strike:  
Horizontal / vertical  
Bearhand knuckle strike:  
Horizontal / vertical  
Thumb strike  
Thumb knuckle strike  
Forefinger knuckle strike  
Middle knuckle strike  
One-finger strike  
Two-finger strike

## Blocking Techniques

Funnel block

## Leg Techniques

Jump spinning reverse crescent kick \*  
Serpent kick: standing / ground

\* optional for age 40+

## Kata and Applications

Chinte (Beautiful Hands)  
Applications

## Blocks and Punches

All blocks and counter attacks  
in inward stance

## Self-Defense

Crossed arms throw (juji nage)  
Hip wheel (koshi guruma)  
4 directions throw (shiho nage)  
Knife self-defense - 4 directions

## Weapons

Bo 3 and Applications  
Tambo 1 and Applications  
(performed at a higher level)

## Sparring

Free sparring:  
Three two-minute rounds

## Board Breaking

Two Sets by weight

## Stamina

Pushups: (maximum)  
15/15 one arm  
20 fingertip  
20 knuckle  
20 palm

## Public Speaking

Three minutes in class – include a way  
in which Cuong Nhu has influenced  
your life outside the dojo

## Leadership and Philosophy

Assistant teaching experience:  
15 hours

## Twelve “Tions” for Teaching

Communication  
Simplification  
Explanation  
Demonstration  
Repetition  
Correction  
Creation  
Interrelation  
Reflection  
Motivation  
Evaluation  
Dedication

## Five Trues for Love of Life

True friendship  
True love  
True happiness  
True peace  
True freedom





# Adult Curriculum for Black Belt



## Hand Techniques

Scissors punch  
Inner forearm strike  
Outer forearm strike

## Blocking Techniques

Punching blocks:  
Inside / outside (three levels)

## Katas and Applications

Taikyoku to Chinte  
Applications

## Blocks and Punches

All blocks and counter attacks

## Throwing Techniques

Over neck throw (yin / yang)  
(kokyunage, iriminage)  
Two Judo throws from each category  
(Hip, Hands, Leg, Sacrifice)  
Students can demonstrate the 8  
throws already learned, or  
substitute other Judo throws as  
long as they can still demonstrate 2  
throws from each category  
Two pins: Judo or Aikido

## Technique Demonstration

20-30 techniques: (equal distribution  
of empty hand, bo, tambo, knife)

## Weapons

Tambo 1  
Bo 1, 2, 3  
Applications

## Sparring

Free sparring:  
Three two-minute rounds

## Board Breaking

Four Sets by weight

## Stamina (maximum)

Pushups: 15/15 one arm  
20 fingertip  
20 knuckle  
20 palm

## Public Speaking

Three minutes in class – include a way  
in which Cuong Nhu has influenced  
your life outside the dojo

## Written Exam

Code of Ethics  
History of Cuong Nhu  
Philosophy of Cuong Nhu  
Martial Arts History

## Written Paper

Two pages typed - Include name, date,  
age, rank, dojo. Include a way in which  
Cuong Nhu has influenced your life  
outside the dojo

## Submit Black Belt Test

### Forms

Instructions can be found at  
[www.cuongnhu.com](http://www.cuongnhu.com) in the My Site  
area and/or at [manual.cuongnhu.com](http://manual.cuongnhu.com)

## Leadership and Philosophy

Assistant teaching experience:  
15 hours

Attend two regional seminars  
(within 1 year of test)

### 5 Fears of Achievement

Hard work  
Failure  
Intimidation or pressure  
Associating with people  
Death

### Five "Tions" of Leadership

Communication  
Education  
Application / action  
Delegation  
Production

### Five Togethers at Annual Training

Physically we train together  
Socially we eat and live together  
Intellectually we think together  
Spiritually we learn, share and  
grow together  
Enjoy togetherness and harmony