



Children's Curriculum

One Yellow Stripe

(8 classes minimum*)

Stances

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

Hand Techniques

Lunge punch
Reverse punch
Inner chop

Blocking Techniques

Lower block

Leg Techniques

Upward knee kick
Front snap kick

Footwork

Return
Moving in forward stance:
Forward
Backward

Escaping Techniques

Defense against choke:
Ducking out

Stamina and Strength

Single punches: 25
Three punches three levels: 25
Lunges: 25 with punches
Lunges: 25 with inner chops
Pushups: 5 palm

Philosophy & History**

Three-O's Principle

Open mind
Open heart
Open arms

Two Yellow Stripes

(8 classes minimum*)

Hand Techniques

Vertical chop

Blocking Techniques

Inner middle block
Rising block

Leg Techniques

Roundhouse knee kick

Self-Defense

Thumb Escape:

1. One hand grabs wrist - same side
2. One hand grabs wrist - opposite side
3. Both hands grab one wrist

Step to the dead side

Defense against choke:

Windmill escape

Stamina and Strength

Single punches: 30
Three punches three levels: 30
Lunges: 30 with punches
Lunges: 30 with inner chops
Pushups: 8 palm

Philosophy & History**

Five Firsts for Friendship

Communicate
Smile
Care
Share
Forgive

* Minimum classes are suggested recommendations depending on age and experience. Adjust as needed.

** Philosophy recommended as discussion points for instructors to share in class.



Children's Curriculum

Yellow Belt

(10 classes minimum*)

Hand Techniques

Double vertical chop

Blocking Techniques

Double rising block

Leg Techniques

Roundhouse kick

Footwork

Directional movement:

90°, 180°, and 270° turns

Blocks and Punches

(natural stance)

Left, right, right, left:

Lower block to one arm

Katas and Applications

Kata 1: Taikyoku

Applications with lower block

Self-Defense

Thumb escape (add):

4. Both hands grab both wrists - front

5. Both hands grab both wrists - behind

Defense against choke: double rising block

Dropping Techniques

Low Side Drop (from flat on mat and squatting)

Stamina and Strength

Single punches: 30

Three punches three levels: 30

Lunges: 30 with punches

Lunges: 30 with inner chops

Pushups: 10 palm

Philosophy & History**

Five A's of Self-Defense (Part 1)

1. Awareness

2. Alertness

3. Avoidance

One Purple Stripe

(10 classes minimum*)

Hand Techniques

Double punch (same level)

High / low double punch

Outer horizontal chop

Blocking Techniques

Double inner middle block

Blocks and Punches

(rectangular stance)

Left, right, right, left:

lower block

middle block

rising block

Katas and Applications

Kata 3

Kata 4

Applications with middle & rising blocks

Self-Defense

Thumb escape:

Review all grabs

Dropping Techniques

Side drop

Stamina and Strength

Single punches: 35

Three punches three levels: 35

Lunges: 30 with punches

Lunges: 30 with inner chops

Lunges: 30 with outer chops

Pushups: 12 palm

Philosophy & History**

Five A's of Self-Defense (Part 2)

4. Anticipation

5. Action

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Children's Curriculum

Two Purple Stripes

(16 classes minimum*)

Stances

Side stance

Hand Techniques

Vertical punch
Vertical backfist strike
Horizontal backfist strike

Blocking Techniques

Outer block

Leg Techniques

Front thrust kick
Low back stamping kick

Footwork

Moving in cat stance:
Forward
Backward
Moving in side stance:
Step in front
Turn behind

Blocks and Punches

(rectangular stance)
Add:
outer block

Katas and Applications

Kata 2
Applications with chop

Self-Defense

Stamping kick:

1. One hand grabs wrist - same side
2. One hand grabs wrist - opposite side
3. Both hands grab one wrist

Dropping Techniques

Forward roll

Stamina and Strength

Single punches: 40
Three punches, three levels: 35
Lunges: 35 with punches
Lunges: 35 with inner chops
Lunges: 35 with outer chops
Pushups: 15 palm

Philosophy & History**

Three All's for Self-Defense

1. All angles
2. All levels
3. All techniques (variety)

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Children's Curriculum

Purple Belt

(18 classes minimum*)

Stances

Back stance
Diagonal stance

Blocking Techniques

Knifehand block

Leg Techniques

Jumping and flying knee kick
Jumping and flying double knee kick

Footwork

Moving in diagonal stance:
Forward
Backward
Moving in back stance:
Forward
Backward
Jumping in forward stance

Blocks and Punches

(rectangular stance)
Add:
Knifehand block

Katas and Applications

Kata 5: Combination kata
Applications review (low/middle/rising blocks)

Self-Defense

Stamping kick (add):
4. Both hands grab both wrists - front
5. Both hands grab both wrists - behind

Scoop throw

Dropping Techniques

Backward roll

Stamina and Strength

Single punches: 45
Three punches, three levels: 35
Lunges: punches: 45
Lunges: inner chops: 45
Lunges: outer chops: 45
Pushups: 20 palm

Philosophy & History**

Five R's for Self-Defense
Right mindset
Right time
Right place
Right techniques
Run

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Children's Curriculum

One Blue Stripe

(18 classes minimum*)

Blocking Techniques

Reinforced middle block
Lower X-block (from ribs) (closed hands)
Upper X-block (closed hands)

Leg Techniques

Jump front kick
Side stamping kick
Side thrust kick

Footwork

Moving in side stance:
Crossover, foot steps in front
Crossover, foot steps behind
Slide
Hop

Blocks and Punches

(rectangular stance)
Up to knifehand block

Katas and Applications

Pinan 1
Applications

Self-Defense

Stamping kick: Review all grabs

Dropping Techniques

Forward roll to side drop

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 50 punches
Lunges: 50 inner chops
Lunges: 50 outer chops
Pushups: 20 palm, 5 palm

Philosophy & History**

Code of Ethics #1

Cuong Nhu students should strive to improve themselves and their abilities in the martial arts in order to serve the people.

Cuong Nhu History

1. Founder: O' Sensei Dong Ngo
2. Cuong: hard, Nhu: soft
3. Founded in 1965
4. Founded in Hue, Vietnam
5. How many styles of martial arts influence Cuong Nhu: 7

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Children's Curriculum

Two Blue Stripes

(18 classes minimum*)

Hand Techniques

Vertical spear hand thrust
Horizontal spear hand thrust

Blocking Techniques

Lower X-block (open hands)
Upper X-block (open hands)

Leg Techniques

Back thrust kick
Flying front kick

Blocks and Punches

(rectangular stance)
Up to knifehand block

Katas and Applications

Review applications through Pinan 1

Self-Defense

Floating Drop

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 50 punches
Lunges: 50 inner chops
Lunges: 50 outer chops
Pushups: 20 palm, 5 palm

Philosophy & History**

1. Pinan meaning: peaceful mind
2. Name 7 styles of influence:
 - Shotokan
 - Judo
 - Wing Chun
 - Aikido
 - Vovinam
 - Tai Chi Chuan
 - Boxing

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Children's Curriculum

Blue Belt

(20 classes minimum*)

Hand Techniques

Hammer fist (inner/outer)

Blocking Techniques

Lower X-block (from ear) (closed hands)

Leg Techniques

Jump roundhouse kick:

Forward stance - front and back leg

Side stance - front and back leg

Jump side kick

Blocks and Punches

(rectangular stance)

Up to knifehand block

Katas and Applications

Pinan 2

Applications

Dropping Techniques

Forward roll opposite stance

Stamina and Strength

Single punches: 50

Three punches, three levels: 35

Lunges: 25 punches

Lunges: 25 inner chops

Lunges: 100 outer chops (with low chop blocks)

Pushups: 20 palm, 12 palm

Philosophy & History**

Review all previous philosophy

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Children's Curriculum

One Green Stripe

(20 classes minimum*)

Hand Techniques

Upward elbow strike
Backward elbow strike
Roundhouse elbow strike
Back roundhouse elbow strike

Blocking Techniques

Elbow block

Leg Techniques

Flying front kick
Flying side kick
Flying roundhouse kick

Blocks and Punches

(rectangular stance)
Up to elbow block

Katas and Applications

Review applications through Pinan 2

Self-Defense

Elbow strike:

1. One hand grabs wrist - same side
2. One hand grabs wrist - opposite side
3. Both hands grab one wrist

Dropping Techniques

Combination forward / backward roll

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 25 punches
Lunges: 25 inner chops
Lunges: 100 outer chops (with low chop blocks)
Pushups: 20 palm, 12 palm

Philosophy & History**

Three W's of a Winner

Win over yourself
Win over your opponent's respect
Win over the situation

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Children's Curriculum

Two Green Stripes

(24 classes minimum*)

Hand Techniques

Jab
Cross
Hook
Uppercut

Blocking Techniques

Middle / low block

Leg Techniques

Side snap kick
Crescent kick
Knee charge

Blocks and Punches

(rectangular stance)
Add:
Middle / low block

Katas and Applications

Pinan 3
Applications

Self-Defense

Elbow strike (add):
4. Both hands grab both wrists - front
5. Both hands grab both wrists - behind
6. Choke

Weapons

Tambo (left and right hand)
Natural grip (yang)
Figure 8's
Six blocks

Stamina and Strength

Single punches: 50
Three punches, three levels: 35
Lunges: 25 punches
Lunges: 25 inner chops
Lunges: 100 outer chops (with low chop blocks)
Pushups: 20 palm, 15 palm

Philosophy & History**

Five D's of a Winner
Direction
Discipline
Determination
Dedication
Do 'till death

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Children's Curriculum

Green Belt

(30 classes minimum*)

Stances

Inward stance

Hand Techniques

Outer diagonal chop
Palm heel strikes: three levels
Forward elbow strike
Side elbow strike
Downward elbow strike

Blocking Techniques

Sliding block: (three levels)
Double forearm block
Palm heel blocks: (three levels)

Leg Techniques

Knee block
Deflecting knee block
Shin block
Deflecting shin blocks:
 To the side
 Upward

Footwork

Slide-hop

Blocks and Punches

(inward stance w/counter attacks)
 Up to middle low block

Katas and Applications

All katas and applications through Pinan 3

Self Defense

Elbow strikes: Review all grabs
Big outside clip

Weapons

Tambo (left and right hand)
 Natural grip (yang):
 14 Basic strikes

Stamina and Strength

Lunges: 100 outer chops (with low chop blocks)
Lunges: 100 diagonal chops (with low chop blocks)
Boxing sequence: (20 each side)
 Jab, cross, hook, uppercut
Pushups: 20 palm, 15 palm

Philosophy & History**

Review all philosophy and history



After Green Belt Test Children Should Move to Adult Curriculum

