

## 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)  
Back fist, 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  
Back fist, 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 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 day's 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**