

Junior Martial Athlete Curriculum - Level 1 & 2 Class A

Class #	Level 1	Level 2
1.	Knee & Front Kick	Knee & Front Kick: Clinch w/knee, Teep Push
2.	Punch: Front, Thrust	Punch: Hook, Uppercut
3.	8-point blocking	8-point palm blocking
4.	Stances: Horse, 1/2 moon, Flamingo, Twist	Tiger, Crane, Cat, Bow & Arrow
5.	Sidekick	Sidekick: Shuffle
6.	Hammer, ground n' pound	Triple Hammer combo, ground n' pound
7.	8-point Cover	Parrying, Hooking
8.	Fighting Stance - switch & directional shuffle	Step-Shuffle-Pull-drag combo
9.	Back Kick	Back Kick: spinning, spinning pull-drag
10.	Palm-Heel: Thrust, rise, circular, drop, bear	Shuto, Ridgehand (v. Roll shutos, directional ridge)
11.	8-point blocking w/ partner	Checking: Pressing & Downward
12.	Footwork: shuffling, sunstep, spinning	Footwork: Pull-drags, spinning
13.	Roundhouse kick	Hook kick
14.	Elbows	Tomahawk, Spinning, Smashing elbow
15.	Knee & Front Kick (v. Tiger Knee, Step-stool)	Knee, Front Kick (v. Tiger Knee, Step-stool, Scissor)
16.	Punch: Front, Thrust (v. Jab-X, KempoHands)	Boxing Combo: Jab-X-Hook-Uppercut, duck, Jab-X
17.	8-point blocking (v. w/ Counterstrikes)	Blocking: Checking and glancing blocks
18.	Traditional stances (v. line drills w/ striking)	Sunsteps, Spins forward and reverse line drills
19.	Sidekick: (v. X-over)	Sidekick: Pull-drag
20.	Hammer (v. Backfist)	Thundering Hammers, cross-backfist focus mit drill
21.	8-point Cover (v. w/ NSEW movement)	8-point: Cover, Counter, Combo
22.	Fighting Stance: (v. Kempo wheel & combos)	Fighting Stance: (v. Kempo wheel w/ cover & counter
23.	Back Kick: (v. spinning back kick)	Back Kick: Jump spinning
24.	Palm: (v. directional Tiger rakes - combos)	3-Beat drill: Check, pass, press (short, med, long)
25.	8-point blocking w/ knife-hand	8-point blocking w/ check & knifehand combo
26.	Fighting stance (v. line drills & combos)	Fighting stance V-Step, Corner, Switch stance
27.	Roundhouse kick (v. switch)	Spinning Hook
28.	Elbows (v. combos, Kempo E)	Elbows: Advanced combos
29.	Review punches & blocks	Review punches & blocks
30.	Review footwork, stances, kicks	Review footwork, stances, kicks