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

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
Modified kata
Formatted applications

Blocks and Punches
(in rectangular stance)
Lower block
Inner middle block
Rising block
(see page 6.5)

Escaping Techniques
Thumb escape

Dropping Techniques
Forward roll (same side)
Backward roll
(see page 6.15)

Sparring and Self Defense
Three-step pre-arranged sparring
O Sensei guard:
Modern guard

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

Leadership and Philosophy
Code of Ethics
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

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

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

Leg Techniques
Stamping kicks (see page 6.22)
Side thrust kick
Back thrust kick
Roundhouse kick

Footwork
Six moves, four directions 
(see page 6.2)
Shuffle (in side stance)
Crossover:  
(in side stance, in front 
and behind)
Hopping
Check box pattern

Kata and Applications
Pinan 1 (Peaceful Mind)
Pinan 2
Formatted applications

Blocks and Punches
Add this set:  
(in rectangular stance)
Knifehand block
Outer block
(see page 6.5)

Escaping Techniques
Stamping kick

Dropping Techniques
Forward roll (opposite side)
Low side drop (see page 6.16)

Sparring and Self Defense
One-step pre-arranged sparring
Three vertical zones
Four horizontal zones

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

Code of Ethics
Adult Curriculum for Green Belt  
(Sixth Kyu)

**Stances**
- Parallel stance
- Inward stance
- Pigeon stance
- Crescent stance

**Hand Techniques**
- Close punch
- Outer diagonal chop
- Palm heel strikes
- Elbow strikes: (see page 6.13)
  - Upward
  - Backward
  - Forward
  - Side
  - Back roundhouse

**Blocking Techniques**
- Middle low block
- Side elbow block
- Palm heel block
- Double forearm block
- Sliding block: (three levels)
  - Soft elbow block

**Leg Techniques**
- Side snap kick
- Crescent kick
- Knee block
- Shin block
- Deflecting knee block
- Rear leg knee charge
- Three roundhouse kicks
  - (balanced, middle level)

**Blocks and Punches**
- Add this set:
  - (all sets in inward stance)
  - Elbow block
  - Middle low block
  - (see page 6.5)

**Escaping Techniques**
- Elbow strike

**Dropping Techniques**
- Front drop
- Side drop
- Front tumble (see page 6.17)

**Sparring and Self Defense**
- Load and explode
- Ten directions off-line
- Zone offense / defense

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

**Written Exam**
- Given one week before test
  - (see page 8.12)

**Leadership and Philosophy**

**Five Sources of Power**
- Mind
- Body
- Spirit
- Soul
- Ki

**Leadership and Philosophy**

**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**
- Forward parallel stance
- X stance
- T stance
- L stance

**Hand Techniques**
- Jab
- Cross
- Hook
- Uppercut
- 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
- Flying front kick
- Foot sweeps: (arch, instep, heel)
  (see page 6.17)

**Footwork**
- Directional Movements:  
  - Z letter (with kicks / hands)
  - U letter (with kicks / hands)
- Entering (irimi)
- Turning (tenkan)

**Kata and Applications**
- Pinan 4
- Formatted applications

**Blocks and Punches**
- Add this set:  
  (all sets in inward stance)
  - Soft lower block
  - Soft inner middle block
  - Soft rising block
  - Soft outer block (monkey)
  (see page 6.5)

**Escaping Techniques**
- Bent wrist (kote gaeshi)

**Weapons**
- Tambo (left and right hand):
  - Three basic grips:
    - Natural (yang) (duong)
    - Reverse (yin) (am)
    - Middle (trung)
  - Six blocks:
    - Natural grip (yang) (duong)
    - Six guarding positions
  - 14 basic strikes:
    - (yang) (duong)
  (see page 11.2-11.7)

**Sparring and Self Defense**
- Centerline principles
- 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

**Leadership and Philosophy**
- Five Steps in Cuong Nhu
  Philosophy
  - Living
  - Giving
  - Caring
  - Sharing
  - Loving
  - Self-acceptance / self-tolerance
  - Self-confidence
  - Self-esteem
  - Self-control
  - Selflessness

**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**
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* 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:  
Low spinning sweeps  
Double low spinning sweeps  
(see page 6.17)

**Footwork**
Slide-hop  
Split the water buffalo

**Kata and Applications**
Pinan 5  
Formatted applications

**Blocks and Punches**
Add this set:  
(all sets in inward stance)  
*Soft* knifehand block (crane)  
Downward forearm block  
Sweeping block  
(see page 6.5)

**Escaping Techniques**
Pressing arm (ude osae)

**Weapons**
Tambo (left and right hand):  
Five guarding positions: *yin* (am)  
Six blocks: *yin* (am)  
14 Basic strikes: *yin* (am)  
Disarms: tambo vs tambo  
(see page 11.2-11.7)

**Sparring and Self Defense**
Dynamic blindspot  
Free sparring in class  
Trapping

**Stamina**
Pushups: 10/10 one arm  
20 fingertip  
20 palm

**Public Speaking**
Three minutes in class

**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 (see page 1.17)

**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 (see page 1.17)
Adult Curriculum for Brown Belt

(Third Kyu)

**Hand Technique**
- Rising punch
- Tiger mouth strike

**Blocking Techniques**
- Circular chop block
- Palm corner block
- Pressing block
- Inner / outer block:
  - Palm up
  - Palm down

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

**Kata and Applications**
- Jutte (Ten Hands)
- Tension kata
- Formatted applications

**Blocks and Punches**
- Add this set:
  - Soft middle low block
  - Pressing block
  - Inner outer block
  - See page 6.5

**Throwing Techniques**
- Unbalancing: eight directions (kuzushi)
- Pin (kesa gatame)
- Big outside clip (osoto gari)
- Hip throw (ogoshi)
- Armlock (ude gatame)

**Weapons**
- Tambo 1
- Formatted applications

**Sparring and Self Defense**
- Electric shock
- Rhythm
- Free sparring:
  - Three two-minute rounds

**Board Breaking**
- For requirements (see page 10.1)

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

**Public Speaking**
- Three minutes in class

**Written Exam**
- One week before test
  - (see pages 8.18, 8.19)

**Written Paper**
- Brief bio, reasons for training and life experiences. Two pages typed

**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**
- (see page 2.3)
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

**Escaping and Throwing Techniques**
- Four directions throw (shiho nage)
- Over neck throw (yin / yang)
- Body drop (tai otoshi)
- Hip sweep (harai goshi)

**Blocking Techniques**
- Joined hands block: (three levels)
  - (pre-arranged with kicks)
- 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

**Kata and Applications**
- Empi (Flying Swallow)
- Formatted applications

**Blocks and Punches**
- Add this set:
  - (in inward stance)
  - Palm push (see page 6.5)

**Weapons**
- Bo:
  - Basic strikes
  - Bo 1 and formatted applications
  - Figure eight: forward and reverse
  - Basic knife defense principles

**Sparring and Self Defense**
- Jamming concepts:
  - Body, joints, legs
  - Free sparring:
  - Three-two minute rounds

**Board Breaking**
- For requirements (see page 10.1)

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

**Written Paper**
- Brief bio, reasons for training, teaching related experiences.
- Two pages typed.

**Leadership and Philosophy**
- Assistant teaching experience:
  - four months as a brown belt

**Ten Stages of Growth**
- *Nobody*
- Learner
- Worker
- Fighter
- Achiever
- Winner
- Teacher
- Leader
- Thinker
- Philosopher
- *Nobody* (see page 2.1)

**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
Butterfly kicks:
   Reverse crescent / crescent standing / ground
   Reverse crescent / roundhouse standing / ground
Flying double kicks:
   Front / heel
Serpent kick: standing / ground

Kata and Applications

Chinte (Beautiful Hands)
Formatted applications

Blocks and Punches

All blocks and counter attacks in inward stance (see page 6.5)

Escaping and Throwing Techniques

Crossed arm lock
   (juji nage/ude garami)
One arm shoulder throw
   (ippon seio nage)
Seated arm lock (juji gatame)
Arm-lock (ude gatame)
Knee arm lock (hiza gatame)

Weapons

Bo 2 and applications
Basic knife defense principles

Sparring and Self Defense

Free sparring:
   Three-two minute rounds
Advanced foot sweeps

Board Breaking

For requirements (see page 10.1)

Stamina

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

Public Speaking

Three minutes in class

Leadership and Philosophy

Assistant teaching experience is four months as a one black stripe.

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)

Leg Techniques
Flying double kicks:
   Crescent/wheel

Katas and Applications
Taikyoku to Chinte
Formatted applications
Fighting Form (non-aerial kata permitted for a medical problem or disability).

Sparring and Self Defense
Catch and pop
Trap and twist
Free sparring:
   Three-two minute rounds

Board Breaking
For requirements (see page 10.1)

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

Public Speaking
Three minutes in class

Leadership and Philosophy
Assistant teaching experience:
   four months as a two black stripe.

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

Blocks and Punches
All blocks and counter attacks
   (see page 6.5)

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

Weapons
Bo 3
Tambo 3
Formatted applications

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

Written Paper
Brief bio, growth in Cuong Nhu,
   reflections of past, present and future. Two pages typed.
Submit Black Belt File Form
   with CNOMAA, Inc. Test
   instructions and forms are on the
   Cuong Nhu web:
   www.cuongnhu.com in the My Site area.