

# Martial Arts Carolina Curriculum

## REQUIREMENT CHART

RANK	CARDIO/STRENGTH	BREAK	LOW RANK MATERIAL	JOINT LOCK	GROUND	WEAPONS Adults Only
J. Camo/ A. Green	25 push ups, 25 sit ups, 100 kicks		Chon-Ji			
A. Purple - Brown		2 basic techniques				
J. Brown - Red		2 basic techniques				
A. Brown/ J. Red	50 – 25 min., 50 “”, 100 kicks, 100 strikes & blocks		Chon-Ji – Won Hyo			
A. Red – RB2		1 basic technique and 1 jump kick or block to break		Intro (1 – 3 techs.)	I	
J. RB1 – RB2		1 basic technique and 1 jump kick		I	I	
A. RB2 / J. RB2			All	I	I	
A. JBB/ J. JBB	100 – 25 min., 100 “”, 100 kicks, 100 strikes & blocks	2 basic techniques and 1 jump #4 side kick	All	I	I	Level 1 (4 – 6 techs.)
1D	“”	3 techniques	All	1	1	1
2R	“”	3 techniques	All	Level 2 (6 – 8 techs.)	2	2
2	“”	3 techniques	All	3 (8 – 12 techs.)	2	3 plus weapon application (escrima, blade or bo-staff)

### Form Notes:

- All forms start facing North.
- Directions are listed as N,S,E,W
  - North- flag
  - East- dressing rooms
  - South- back room
  - West- parking lot
- Turns are clockwise (CW) or counterclockwise (CCW)
- Stances are Left (L) or Right (R)
  - F- front stance
  - B- back stance
  - R- rear/ cat stance
  - M- middle/ horse stance
  - C- closed stance
  - X- crossed stance
  - S- sparring stance
  - Cr- crane/ one-legged stance

