

Advanced Curriculum						
	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Hands	High Block	High Block	High Block	Scooping Block	Scooping Block	Hammer Fist to Temple
	Backfist	Backfist	Backfist	Supported Block	Supported Block	Knife Hand (Temple)
	Knife Hand Strike (Cat)	Knife Hand Strike (Cat)	Knife Hand Strike (Cat)	Reverse Elbow	Reverse Elbow	Cross Low/High
Feet	Jump Front Kick	Jump Front Kick	Jump Front Kick	Jump Front Kick	Jump Front Kick	Jump Front Kick
	Step Behind Side	Step Behind Side	Step Behind Side	Step Behind Side	Step Behind Side	Step Behind Side
Combos	J/C/PR/SK	J/J/C/H	SF/SR/IC/JFK	J/C/PR (L-H)	J/C/PR/SK	J/J/C/H
Rolls/BF	Rolls	Break Falls	Rolls	Break Falls	Rolls	Break Falls
Form	Pinan Sono Ni 1(Spear)	Pinan Sono Ni 2(2nd SKP)	Pinan Sono Ni 3	Pinan Sono San 1(fwd)	Pinan Sono San 2	Pinan Sono Shi 1(2nd SK-elb)
Sparring	Using Combos	Offense/Defense	Find/Create Openings	Advancing Kicks	Using Combos	Offense/Defense
Boards	Crossing Elbow	Step Behind Side	Hammer Fist	Jump Front Kick	Crossing Elbow	Step Behind Side
	Block 7	Block 8	Traditional Week		Sparring Week	
Hands	Hammer Fist to Temple	Hammer Fist to Temple	Basic Techniques & Sparring Combo		Sparring Combo	
	Knife Hand (Temple)	Knife Hand (Temple)	Form		Sparring w Skill Focus	
	Cross Low/High	Cross Low/High				
Feet	Jump Front Kick	Jump Front Kick		Sparring Key		
	Step Behind Side	Step Behind Side		J-Jab	SF-Snap front	
Combos	SF/SR/IC/JFK	J/C/PR (L-H)		C-Cross	SR-Snap round	
Rolls/BF	Rolls	Break Falls		H-Hook	PF-Power front	
Form	Pinan Sono Shi 2 (L-R)	Pinan Sono Shi 3		P-Parry	PR-Power Round	
Sparring	Find/Create Openings	Advancing Kicks		B-Block	SK-Side kick	
Boards	Hammer Fist	Jump Front Kick			JFK- Jump Front Kick	