

<b>Beginner Curriculum</b>				
	<b>Block 1</b>		<b>Block 2</b>	
	<b>Traditional</b>	<b>Sparring</b>	<b>Traditional</b>	<b>Sparring</b>
<b>Hand</b>	Trad. Punch	Jab	Trad. Punch	Jab
		Cross		Cross
		Hook		Hook
		Parry/Block		Parry/Block
<b>Foot</b>	Power Front	Snap Front	Power Front	Snap Front
	Power Round	Snap Round	Power Round	Snap Round
	Knee Kick		Knee Kick	
<b>Form</b>		Sparring		Sparring
	Stances: horse, bow, cat	Movement Drills 1-4	Stances: horse, bow, cat	Movement Drills 5-8