Intermediate Curriculum

	Block 1	Block 2	Block 3	Block 4	Block 5	Block 6
Hand	Low Block	Low Block	Low Block	Inside Block	Inside Block	Inside Block
	Hammer Fist (Collar Bone)	Hammer Fist (Collar Bone)	Hammer Fist (Collar Bone)	Spear Hand	Spear Hand	Spear Hand
	Tiger Palm	Tiger Palm	Tiger Palm	Crossing Elbow	Crossing Elbow	Crossing Elbow
Foot	Side Kick	Side Kick	Side Kick	Side Kick	Side Kick	Side Kick
	Inside Crescent	Inside Crescent	Inside Crescent	Inside Crescent	Inside Crescent	Inside Crescent
	Front Rising Kick	Front Rising Kick	Front Rising Kick	Front Rising Kick	Front Rising Kick	Front Rising Kick
Combo	SF/J/C	J/C/PF	J/C/H	SF/J/C	J/C/PF	J/C/H
Rolls	Rolls	Rolls	Rolls	Rolls	Rolls	Rolls
Form	Taikyoku ichi 1 (L-R-F)	Taikyoku ichi 2(R-L-B)	Taikyoku ichi 3(L-R)	Taikyoku Ni 1(L-R-F)	Taikyoku Ni 2(R-L-B)	Taikyoku Ni 3(L-R)
Sparring	Move Feet	Defensive Stance	Full Extension	Move Feet	Defensive Stance	Full Extension
Boards	Knee Kick	Palm Strike	Front Kick	Knee Kick	Palm Strike	Front Kick

Traditional Week

Basic Techniques & Sparring Combo

Form

Sparring Week

Sparring Combo

Sparring w Skill Focus

What Should I know at My Belt Level?	
Yellow Belt	Beginner + Current Block
High Yellow Belt	Beginner + Current Block + Last Block
Orange Belt	Beginner + Current Block + Last 2 Blocks
High Orange Belt	Beginner + Current Block + Last 3 Blocks
Green Belt	Beginner + Current Block + Last 4 Blocks
High Green Belt	Beginner + Intermediate Curriculum

Sparring Key	
J-Jab	SF-Snap front
C-Cross	SR-Snap round
H-Hook	PF-Power front
P-Parry	PR-Power Round
B-Block	SK-Side kick