

BC Orange Curriculum 06.01.11

<u>Belt</u>	<u>Kyu</u>	<u>Name</u>		
Orange	07			
Hours	48-58	Chin Na		
		1 White crane twist its neck, lift the elbow, cover its wing, Chinese guitar		
		2 Double finger split (open hand push / grab)		
		3 Two children worship Buddha (punch /grab)		
		4 Arm wraps the dragons head		
		White crane bores through the bush		
		Ground		
		1 leg wrap guillotine		
		2 standing circle waist guard leg take down		
		3 round house defense		
		Kata		
		Nai Hanchi Nidan: Horse Riding, Iron Horse, Number 2, 2 kia		
		Shihonuke: four directional bojitsu defending and counter attack bo (kun)		
		Sparing Combinations		
		p-point		
		1 Child knocks the door opens: between the index /middle finger		
		2 Child kicks the stump: inside of upper ankle		
		Body Conditioning		
		Dragon kick to thigh		
		Roundhouse to shoulders		
		forearms		

BC Green I Curriculum 06.01.11

<u>Belt</u>	<u>Kyu</u>	<u>Name</u>		
Green I	04			
Hours	72-82	Chin Na		
		1 Backward upward turning elbow (wrist/ grab / punch)		
		2 Low finger press		
		3 Forgive me for not going with you		
		4 Small wrap finger (cross wrist grab)		
		Ground		
		1 Standing to takedown flow techniques		
		2 Taking the back		
		Kata		
		Pinan Nidan: Peaceful Mind,		
		Sueyoshi No Kun Ichi		
		Kicks		
		Dragon whip		
		Sparing Combinations		
		p-point		
		Top of form arm		
		Bicep split		
		Inner thigh just above the knee		

