

Adult Curriculum for One Green Stripe

(Eighth Kyu)

Stances

Natural stance
Attention stance
Rectangular stance
Kicking stance
Forward stance
Cat stance
Diagonal stance

Hand Techniques

Lunge punch
Reverse punch
Double punch
High/low double punch
Vertical punch
Inner chop
Downward elbow strike
Roundhouse elbow strike

Blocking Techniques

Lower block
Inner middle block
Rising block
Double inner middle block

Leg Techniques

Upward knee kick
Roundhouse knee kick
Front snap kick
Front thrust kick
Low back stamping kick

Footwork

Directional Movements:
90° 180° 270°

Kata and Applications

Kata 1: Taikyoku (First Cause)
Katas 2, 3, and 4
Modified kata
Formatted applications

Blocks and Punches

(in rectangular stance)
Lower block
Inner middle block
Rising block
(see page 6.5)

Escaping Techniques

Thumb escape

Dropping Techniques

Forward roll (same side)
Backward roll
(see page 6.15)

Sparring and Self Defense

Three-step pre-arranged sparring
O Sensei guard:
Modern guard

Stamina

Lunges: 100 w/ chop or punch
Punches: 100
Pushups: 20 palm

Leadership and Philosophy

Code of Ethics

Three-O's Principle

Open mind
Open heart
Open arms

Five Firsts for Friendship

Communicate
Smile
Care
Share
Forgive

Five Steps to Health

Think
Eat
Exercise
Rest
Perform

Five S's for Warmups

Safety
Slowness
Self-awareness
Stretching
Strengthening

Five A's for Self Defense

Awareness
Alertness
Avoidance
Anticipation
Action

Five W's for Self Defense

Wrong time
Wrong place
Wrong people
Wrong attitude
Wrong techniques

Five R's for Self Defense

Right perspective
Right time
Right place
Right techniques
Run

Adult Curriculum for Two Green Stripes

(Seventh Kyu)

Stances

Side stance
Back stance

Hand Techniques

Vertical backfist strike
Horizontal backfist strike
Vertical spearhand thrust
Horizontal spearhand thrust
Outer horizontal chop

Blocking Techniques

Knifehand block
Outer block
Reinforced block
Lower x-block
(open / closed hands)
Upper x-block
(open / closed hands)

Leg Techniques

Stamping kicks (see page 6.22)
Side thrust kick
Back thrust kick
Roundhouse kick

Footwork

Six moves, four directions
(see page 6.2)
Shuffle (in side stance)
Crossover:
(in side stance, in front
and behind)
Hopping
Check box pattern

Kata and Applications

Pinan 1 (Peaceful Mind)
Pinan 2
Formatted applications

Blocks and Punches

Add this set:
(in rectangular stance)
Knifehand block
Outer block
(see page 6.5)

Escaping Techniques

Stamping kick

Dropping Techniques

Forward roll (opposite side)
Low side drop (see page 6.16)

Sparring and Self Defense

One-step pre-arranged sparring
Three vertical zones
Four horizontal zones

Stamina

Lunges: 150
(w/outer horizontal chop)
Pushups: 10 fingertip
20 palm

Leadership and Philosophy

Five P's of Achievers

Perspective
Patience
Perseverance
Pride in accomplishment
Practice 'til perfect

Five D's of a Winner

Direction
Discipline
Determination
Dedication
Do 'til death

Five Think Rights (No Brain, No Gain)

Think simpler
Think faster
Think better
Think deeper
Think wiser

Five Res's for Interrelating

Responsibility (self respect)
Respect others
Responsiveness
Resolution
Resilience

Five F's for Learning and Teaching

Fun
Friendship
Focus
Fly your spirit
Finish your goal

Five Re's of Meditation

Relaxation
Respiration
Renewal / rejuvenation
Reflection
Realization

Code of Ethics

Adult Curriculum for Green Belt

(Sixth Kyu)

Stances

Parallel stance
Inward stance
Pigeon stance
Crescent stance

Hand Techniques

Close punch
Outer diagonal chop
Palm heel strikes
Elbow strikes: (see page 6.13)
 Upward
 Backward
 Forward
 Side
 Back roundhouse

Blocking Techniques

Middle low block
Side elbow block
Palm heel block
Double forearm block
Sliding block: (three levels)
Soft elbow block

Leg Techniques

Side snap kick
Crescent kick
Knee block
Shin block
Deflecting knee block
Rear leg knee charge
Three roundhouse kicks
(balanced, middle level)

Footwork

Sliding

Kata and Applications

Pinan 3
Formatted applications

Blocks and Punches

Add this set:
(all sets in inward stance)
 Elbow block
 Middle low block
(see page 6.5)

Escaping Techniques

Elbow strike

Dropping Techniques

Front drop
Side drop
Front tumble (see page 6.17)

Sparring and Self Defense

Load and explode
Ten directions off-line
Zone offense / defense

Stamina

Lunges: 150 (w/outer diagonal
 chop and low chop block)
Pushups: 15 fingertip
 20 palm

Written Exam

Given one week before test
(see page 8.12)

Leadership and Philosophy

Five Sources of Power

Mind
Body
Spirit
Soul
Ki

Seven Martial Arts of Influence

Shotokan
Boxing
Judo
Aikido
Wing Chun
Tai Chi Chuan
Vovinam

Five Controls for Self Defense

Control area (awareness)
Control yourself (fear, anger)
Control attackers (strategy)
Control the situation
Control consequences

Five All's for Self Defense (3-D)

All angles
All levels
All techniques
All situations
All people

Five Wins of a Winner

Over yourself
Opponent's respect
Third party's respect
Over the situation
People's hearts

Ten Don'ts for Sparring

Angry
Fearful
Tense
Hurried
Waste energy
Overconfident
Distracted
Pre-conceived ideas
Discouraged if you lose
Afraid of losing

Code of Ethics

Adult Curriculum for One Brown Stripe

(Fifth Kyu)

Stances

Forward parallel stance
X stance
T stance
L stance

Hand Techniques

Jab
Cross
Hook
Uppercut
Roundhouse punch

Blocking Techniques

Inner shovel block
Outer shovel block
Backhand block
Wedge block
Arrow block
Soft lower block
Soft inner middle block
Soft rising block
Soft outer block (monkey)

Leg Techniques

Heel kick
Flying front kick
Foot sweeps:
(arch, instep, heel)
(see page 6.17)

Footwork

Directional Movements:
Z letter (with kicks / hands)
U letter (with kicks / hands)
Entering (irimi)
Turning (tenkan)

Kata and Applications

Pinan 4
Formatted applications

Blocks and Punches

Add this set:
(all sets in inward stance)
Soft lower block
Soft inner middle block
Soft rising block
Soft outer block (monkey)
(see page 6.5)

Escaping Techniques

Bent wrist (kote gaeshi)

Weapons

Tambo (left and right hand):
Three basic grips:
Natural (yang) (duong)
Reverse (yin) (am)
Middle (trung)
Six blocks:
Natural grip (yang) (duong)
Six guarding positions
14 basic strikes:
(yang) (duong)
(see page 11.2-11.7)

Sparring and Self Defense

Centerline principles
Free sparring in class

Stamina

Boxing sequence: (30 each side:
jab, cross, hook, upper cut)
Pushups: 20 fingertip
20 palm

Public Speaking

Three minutes in class

Leadership and Philosophy

Five Steps in Cuong Nhu Philosophy

Living
Giving
Caring
Sharing
Loving

Five Selves

Self-acceptance / self-tolerance
Self-confidence
Self-esteem
Self-control
Selflessness

Eight Sources of Learning

Sensei and sempai
Classmates
Mirrors
Books, media
Tournaments
Training equipment
Yourself
Seminars

Five Re's for Healing

Reduce
Relax
Reach
Reevaluate
Remember

The Foundation for Peak Performance: Simple as ABCDE

Awareness (well prepared and planned) (right perspective, right attitude)
Belief (in self and others)
Commitment (to excellence)
Dedication (labor of love)
Enlightenment

Adult Curriculum for Two Brown Stripes

(Fourth Kyu)

Stances

Dinh stance
Turtle stance
Serpent stance

Hand Techniques

U punch
Hammer strike:
 (w/top fist)
 (w/bottom fist)
Inner ridgehand strike
Outer ridgehand strike

Blocking Techniques

Sweeping blocks:
 (high, middle, low)
Downward forearm block
Bottom hammer fist block
Soft knifehand block (crane)
Soft middle low block
Grasping block

Leg Techniques

Wheel kick
Dropping kick
Flying double front kick
Flying side kick
Jump side kick:
 (stationary/advancing/retreating)
Foot sweeps:
 Low spinning sweeps
 Double low spinning sweeps
(see page 6.17)

Footwork

Slide-hop
Split the water buffalo

Kata and Applications

Pinan 5
Formatted applications

Blocks and Punches

Add this set:
 (all sets in inward stance)
 Soft knifehand block (crane)
 Downward forearm block
 Sweeping block
(see page 6.5)

Escaping Techniques

Pressing arm (ude osae)

Weapons

Tambo (left and right hand):
 Five guarding positions: yin (am)
 Six blocks: yin (am)
 14 Basic strikes: yin (am)
 Disarms: tambo vs tambo
(see page 11.2-11.7)

Sparring and Self Defense

Dynamic blindspot
Free sparring in class
Trapping

Stamina

Pushups: 10/10 one arm
 20 fingertip
 20 palm

Public Speaking

Three minutes in class

Leadership and Philosophy

Five F's for Training

Fortify your body
Find your own way
Fly your spirit
Feed your soul
Flow your ki

Five S's for Safe Training / Running

Sane – Sight
Stretching
Stamina
Strength
Speed (see page 1.17)

Ten C's for Successful Training / Running

Commitment
Coaching
Consistency
Courage
Conditioning
Camaraderie
Concentration
Communication
Competition with yourself
Control of your body

Training / Running Relation to Other Sports

Focus (timing)
Power
Endurance
Flexibility (conditioning)
Perspective (see page 1.17)

Adult Curriculum for Brown Belt

(Third Kyu)

Hand Technique

Rising punch
Tiger mouth strike

Blocking Techniques

Circular chop block
Palm corner block
Pressing block
Inner / outer block:
Palm up
Palm down

Leg Techniques

Reverse crescent kick
Inside roundhouse kick
Flying double kicks:
Front / side
Front / roundhouse
Front / crescent
Axe kick (inside / outside)

Kata and Applications

Jutte (Ten Hands)
Tension kata
Formatted applications

Blocks and Punches

Add this set:
(in inward stance)
Soft middle low block
Pressing block
Inner outer block
(see page 6.5)

Throwing Techniques

Unbalancing: eight directions
(kuzushi)
Pin (kesa gatame)
Big outside clip (osoto gari)
Hip throw (ogoshi)
Armlock (ude gatame)

Weapons

Tambo 1
Formatted applications

Sparring and Self Defense

Electric shock
Rhythm
Free sparring:
Three two-minute rounds

Board Breaking

For requirements (see page 10.1)

Stamina

Pushups: (maximum)
15/15 one arm
20 fingertip
20 knuckle
20 palm

Public Speaking

Three minutes in class

Written Exam

One week before test
(see pages 8.18, 8.19)

Written Paper

Brief bio, reasons for training and life experiences. Two pages typed

Leadership and Philosophy

Ten “Nesses” of Leadership

Fitness – Health
Wellness – Health
Assertiveness – PR
Openness – PR
Fairness - PR
Directness – PR
Oneness – Improvement
Togetherness – Improvement
Forgiveness – Improvement
Creativeness – Improvement

5 Ups of Learning and Teaching

Shut Up
Put Up
Beat Up
Keep Up
Live Up

Five Troubles To Avoid

Alcohol abuse
Bigoted bull
Cardiovascular carelessness
Drug dependency
Excessive ego

**Pyramid Formulas for Happiness,
Harmony and Healthy Training**
(see page 2.3)

Adult Curriculum for One Black Stripe

(*Second Kyu*)

Hand Technique

Bent wrist strikes:
 horizontal
 upward
 downward
 diagonal upward
 diagonal downward
 Looping punch
 Looping ridgehand
 Palm corner strike

Blocking Techniques

Joined hands block: (three levels)
 (pre-arranged with kicks)
 Bent wrist blocks: (three levels)
 Palm corner block
 Palm push to elbow

Leg Techniques

Spinning reverse crescent kick
 Reverse dropping kick
 Flying back kick
 Flying wheel kick

Kata and Applications

Empi (Flying Swallow)
 Formatted applications

Blocks and Punches

Add this set:
 (in inward stance)
 Palm push (see page 6.5)

Escaping and Throwing Techniques

Four directions throw (shiho nage)
 Over neck throw (yin / yang)
 (kokyunage, iriminage)
 Body drop (tai otoshi)
 Hip sweep (harai goshi)

Weapons

Bo:
 Basic strikes
 Bo 1 and formatted applications
 Figure eight: forward and reverse
 Basic knife defense principles

Sparring and Self Defense

Jamming concepts:
 Body, joints, legs
 Free sparring:
 Three-two minute rounds

Board Breaking

For requirements (see page 10.1)

Stamina:

Pushups: (maximum)
 15/15 one arm
 20 fingertip
 20 knuckle
 20 palm

Written Paper

Brief bio, reasons for training,
 teaching related experiences.
 Two pages typed.

Leadership and Philosophy

Assistant teaching experience:
 four months as a brown belt

Ten Stages of Growth

Nobody
 Learner
 Worker
 Fighter
 Achiever
 Winner
 Teacher
 Leader
 Thinker
 Philosopher
 Nobody (see page 2.1)

Five Loves of a Sensei

Teaching
 Sharing
 Students
 Martial arts
 Growth

Five Negatives in Teaching

Don't ridicule any student
 Don't make discriminatory remarks
 Don't push students excessively
 (to avoid burning them out)
 Don't show favoritism
 Don't lose your composure

Adult Curriculum for Two Black Stripes

(First Kyu)

Hand Techniques

Bearhand strike:
 Horizontal / vertical
 Bearhand knuckle strike:
 Horizontal / vertical
 Thumb strike
 Thumb knuckle strike
 Forefinger knuckle strike
 Middle knuckle strike
 One-finger strike
 Two-finger strike

Blocking Techniques

Funnel block

Leg Techniques

Jump spinning reverse crescent kick
 Butterfly kicks:
 Reverse crescent / crescent
 standing / ground
 Reverse crescent / roundhouse
 standing / ground
 Flying double kicks:
 Front / heel
 Serpent kick: standing / ground

Kata and Applications

Chinte (Beautiful Hands)
 Formatted applications

Blocks and Punches

All blocks and counter attacks
 in inward stance (see page 6.5)

Escaping and Throwing Techniques

Crossed arm lock
 (juji nage/ude garami)
 One arm shoulder throw
 (ippon seio nage)
 Seated arm lock (juji gatame)
 Arm-lock (ude gatame)
 Knee arm lock (hiza gatame)

Weapons

Bo 2 and applications
 Basic knife defense principles

Sparring and Self Defense

Free sparring:
 Three-two minute rounds
 Advanced foot sweeps

Board Breaking

For requirements (see page 10.1)

Stamina

Pushups: (maximum)
 15/15 one arm
 20 fingertip
 20 knuckle
 20 palm

Public Speaking

Three minutes in class

Leadership and Philosophy

Assistant teaching experience is
 four months as a one black stripe.

Twelve “Tions” for Teaching

Communication
 Simplification
 Explanation
 Demonstration
 Repetition
 Correction
 Creation
 Interrelation
 Reflection
 Motivation
 Evaluation
 Dedication

Five Trues for Love of Life

True friendship
 True love
 True happiness
 True peace
 True freedom

Adult Curriculum for Black Belt

Hand Techniques

Scissors punch
Inner forearm strike
Outer forearm strike

Blocking Techniques

Punching blocks:
Inside / outside (three levels)

Leg Techniques

Flying double kicks:
Crescent/wheel

Katas and Applications

Taikyoku to Chinte
Formatted applications
Fighting Form (*non-aerial kata permitted for a medical problem or disability*).

Blocks and Punches

All blocks and counter attacks
(see page 6.5)

Technique Demonstration

20-30 techniques: (equal distribution of empty hand, bo, tambo, knife)

Weapons

Bo 3
Tambo 3
Formatted applications

Sparring and Self Defense

Catch and pop
Trap and twist
Free sparring:
Three-two minute rounds

Board Breaking

For requirements (see page 10.1)

Stamina: (maximum)

Pushups: 15/15 one arm
20 fingertip
20 knuckle
20 palm

Public Speaking

Three minutes in class

Written Exam

Code of Ethics
History of Cuong Nhu
Philosophy of Cuong Nhu
Martial Arts History

Written Paper

Brief bio, growth in Cuong Nhu, reflections of past, present and future. Two pages typed.

Submit Black Belt File Form with CNOMAA, Inc. Test instructions and forms are on the Cuong Nhu web: www.cuongnhu.com in the My Site area.

Leadership and Philosophy

Assistant teaching experience:
four months as a two black stripe.

Attend two regional seminars
(within 1 year of test)

5 Fears of Achievement

Hard work
Failure
Intimidation or pressure
Associating with people
Death

Five “Tions” of Leadership

Communication
Education
Application / action
Delegation
Production

Five Togethers at Annual Training

Physically we train together
Socially we eat and live together
Intellectually we think together
Spiritually we learn, share and grow together.
Enjoy togetherness and harmony

