

## Youth General Curriculum

	Mini	Yellow	Blue	Green	Red	Purple	Orange	Brown	Black	Black 2	Silver	Gold
<b>Flexibility*</b>	Front Splits, Middle Splits, Straddle	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe	Front splits, middle splits, back bend bridge, head to toe
<b>Strength</b>		Horse: 30s Squat Jump: 10	Horse: 60s Squat Jump: 20	Horse: 90s Squat Jump: 30	Horse: 120s Squat Jump: 40	Horse: 150s Squat Jump: 50	Horse: 180s Squat Jump: 60	Horse: 210s Squat Jump: 70	Horse: 240s Squat Jump: 80	Horse: 270s Squat Jump: 90	Horse: 300s Squat Jump: 100	Horse: 330s Squat Jump: 110
<b>Endurance</b> <small>pacer begins at level 15</small>	running 5 laps	Pacer 20 times / 36 ft	Pacer 25 times / 36 ft	Pacer 30 times / 36 ft	Pacer 35 times / 42 ft	Pacer 35 times / 42 ft	Pacer 35 times / 48 ft	Pacer 35 times / 60 ft	Pacer 40 times / 60 ft	Pacer 45 times / 60 ft	Pacer 50 times / 60 ft	Pacer 60 times / 60 ft
<b>Stances</b>	MOS: H,B,D	MOS: H,B,D	MOS: HBDESR	MOS: HBDESR	MOS: HBDESR	MOS: HBDESR	MOS: HBDESR	MOS: HBDESR	MOS: HBDESR	MOS: HBDESR	MOS: HBDESR	MOS: HBDESR
<b>Sanda Combo(#)</b>	1	1	2	2	3	3	4	4	5	5	6	6
<b>Self Defense</b>	1	2	2	2	2	2	2	2	2	2	2	2
<b>Jumps / Skills</b>	Jump front kick	Tornado Kick	Lotus Kick	Jump Spin Horse Stance	Butterfly Kick	Back Sweep	Front Sweep	Tornado Horse Stance	Jump Front Aerial	Tornado Splits / Butterfly Stance, Lotus Horse	Butterfly Twist to Tornado	540 Tornado Splits or 720 Tornado
<b>Tumbling</b>	Jump over obstacle	front and back roll (assisted)	back roll (assisted), front roll, cartwheel (assisted), BHS (assisted), handstands	back roll, front roll, cartwheel, BHS (assisted), handstands	back roll, front roll, cartwheel, BHS (assisted), handstands	back roll, front roll, cartwheel, BHS (assisted), handstands, aerial	Aerial	3HS or Backflip	Butterfly Twist	Aerial Twist	O to BHS or B	RO BHS BF
<b>Staff:</b> Uppercut		5	7	9	10	12	14	16	18	20	22	24
<b>Staff:</b> Pointing		6	8	9	10	12	14	16	18	20	22	24
<b>Staff:</b> Flower				5	6	7	8	9	10	11	12	13
<b>Staff:</b> 3 pt combo				less than 8.0s	less than 7.5s	less than 6.0s	less than 4.0s	less than 3.5s	less than 3.0s	less than 3.0s	less than 3.0s	less than 3.0s
<b>Sword:</b> Dao F Wrap (reps)					5	6	7	8	9	10	11	12
<b>Sword:</b> Jian Parry (reps)					4	5	6	7	8	9	10	11
<b>Sword:</b> Circle (reps)					5	6	7	8	9	10	11	12
<b>Sword:</b> Flower (reps)						6	7	8	9	10	11	12