

Chapter 21 - Exhibit A: Class Curriculum

Element / Activity	65	12	11	10	9	8	7	6	5	4	3	2	1
1 Start Class	2												
2 Bible Reading	2	12	11	10	9	8	7	6	5	4	3	2	1
3 Warm-up	4												
4 Basic Combinations	6	12	11	10	9	8	7	6	5	4	3	2	1
5 Forms													
* Form of the Day	2	12	11	10	9	8	7	6	5	4	3	2	1
* One of 3 Basic Forms	1												
* Highest Form	2												
* Next Highest Form	2												
6 One-Step													
* Highest 4 Hand Defense	3												
* Show 2 Hand	2	12	11	10	9	8	7	6	5	4	3	2	1
* Highest 4 Feet Defense	3												
* Show 2 Feet	2	12	11	10	9	8	7	6	5	4	3	2	1
* Highest 4 Grab Defense	3												
* Show 2 Grabs	2	12	11	10	9	8	7	6	5	4	3	2	1
* Highest 2 Knife Defense	2												
* Show 1 Knife Defense	1	12	11	10	9	8	7	6	5	4	3	2	1
7 Breaking Technique													
* Show a breaking technique	3	12	11	10	9	8	7	6	5	4	3	2	1
8 Sparring													
* 3 Step Sparring	5												
* Free Sparring	8												
9 Cool Down													
* 60 Punches in 30 seconds	2												
* 40 Kicks in 30 seconds	2												
* Stretching	2												
10 10 Virtues	1												
11 End Class	3												