

DAVID VINCENT'S

# semester curriculum

YOUTH // JUNE - AUG 2020

## LITTLE DRAGONS

Green Stripe	Dragon Free-Style Form
Blue Stripe	Thai Boxing - L to R 4 Count
Red Stripe	Nunchuck - Basic Skills

## WHITE & YELLOW BELT

Green Stripe	Junior Toi-Gye (up to full pattern)
Blue Stripe	Thai Boxing - L to R 4 Count
Red Stripe	Nunchuck - Pattern
Black Stripe	Double Stick IBB (6 count)

## ORANGE & GREEN BELT

Green Stripe	Junior Toi-Gye (up to full pattern)
Blue Stripe	Thai Boxing - L to R 4 Count*
Red Stripe	Nunchuck - Pattern
Black Stripe	Double Stick IBB (6 count)

## PURPLE & BLUE BELT

Green Stripe	Junior Toi-Gye (up to full pattern)
Blue Stripe	Thai Boxing - L to R 4 Count*
Red Stripe	Nunchuck - Pattern
Black Stripe	Double Stick IBB (6 count)

## BROWN & RED BELT

Green Stripe	Junior Toi-Gye (up to full pattern)
Blue Stripe	Thai Boxing - L to R 4 Count*
Red Stripe	Nunchuck - Pattern
Black Stripe	Double Stick IBB (6 count)

*\*Instructor note: change techniques in Left to Right 4 Count to reflect different ranges and targets / add a finish*

## BLACK BELT

Junior Toi-Gye (up to full pattern)
Thai Boxing - L to R 4 Count*
Nunchuck - Pattern
Double Stick IBB (6 count)



# DAVID VINCENT'S MARTIAL ARTS