



Beginner Curriculum

WHITE • ORANGE • YELLOW BELTS

Ages 7 & up

BEGINNER CURRICULUM

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Forms

Basic Form 1

Basic Form 2

Basic Form 3

Kicking

Front Kick

Roundhouse Kick

Side Kick

Back Kick

Sparring Techniques

Blocking & Countering

Slide Step

Side Step

Back Fist

Self Defense

Defensive Positions

5 Rules of Personal Safety

Wrist Releases

Kickboxing

Half Step

Jab

Cross

Hook

Uppercut

Bob & Weave

Slipping



BEGINNER CORE TENETS

WHITE • ORANGE • YELLOW BELTS

Focus (White Stripe)

- Consistently keeps eyes on teacher/ parent during instruction/ conversation
- Shows attention to detail as demonstrated in curriculum; stays on task; follows instructions
- Controls body, both at rest and in action as per stated expectations

Respect (Yellow Stripe)

- First-time listener/ doesn't need multiple reminders
- Quick to respond to requests by parent/ teacher
- When called upon by parent/ teacher, shows polite & positive response
- Interacts respectfully with family members, teachers & friends; uses words like "please" and "thank you" with little prompting

Responsibility (Red Stripe)

- Does tasks at home as requested by parents; takes initiative to help in home
- Keeps uniform clean & brings it to class each time; brings required gear
- Arrives on time, ready to work at both dojo and school
- Completes school work as per parents' expectations

Kindness (Green Stripe)

- Avoids bullying or defiant language
- Completes 10 acts of kindness sheet

Lead by Example (Blue Stripe)

- Demonstrates focus, respect, responsibility, etc. in class even when others are not staying on task
- Mentors students who are newer to class and/ or struggling with a skill

Black Belt Attitude (Black Stripe)

- Doesn't give up; keeps frustration at bay and shows patience with self
- Does not allow a "win" or "loss" to affect mood/ motivation too much
- Brings energy/ enthusiasm to class
- Looks for ways to apply concepts like focus, respect, kindness, etc. outside of the dojo



ROTATING CURRICULUM EXPLAINED

At DMA, we are always looking for better and more efficient ways to give our students the quality repetition necessary to advance through the ranks. A rotating curriculum is one good way to accomplish this!

In this system, techniques that would have previously been assigned to certain ranks are spread out over multiple levels. For example, we used to require White Belts to know front kick and roundhouse kick to advance, Orange Belts needed to know side kick, and Yellow Belts needed to know Back Kick. This meant students in the same level course often worked on different skills, and this sometimes made individual, relevant instruction harder to give, depending on class size.

In a rotating curriculum format, the entire class focuses on a couple of those kicking techniques during a 6 week block (during kicking week). That way, everyone is working on the same details as a group and can practice together with a wider range of activities and drills. This is why the curriculum on the previous pages are listed as Beginner, Intermediate, or Advanced. As a student moves through those ranks, they will eventually cover all of the material for those levels multiple times. All the same skills will be covered as before, they'll just be presented in a slightly different order depending on when a student joins classes.

Another advantage to this system is that it lessens the number of technical elements that need to be covered in a short time, allowing for greater opportunities to retain the skills and fine-tune the details. Instructors will be able to spend less time "teaching to the stripe", worrying about deadlines for the next belt test, and can thus focus on helping the students improve. This flexibility should also allow more time for creative drills and challenges. We actually anticipate the students will learn faster and be more motivated by the activities.

CORE TENET STRIPES EXPLAINED

We talk about the core tenets starting on a student's first day in class, and these are principles we discuss on a regular basis as they progress through the ranks. After years of focusing primarily on rewarding mastery of the physical techniques of martial arts, we've come to see the benefit of expanding the focus to include these core tenets. After all, many of our parents bring their children to martial arts precisely with the hopes of developing these attributes.

Moving forward, these core tenet requirements will heavily impact a student's advancement. The physical techniques still hold weight in this decision, of course, but we've found the quality of those techniques will reflect a student's focus, respect for the teacher, attention to detail, and effort to lead by example.

Each tenet will be the focus for three weeks at a time, and students will have the ability to earn that core tenet stripe based parent feedback and instructor observation. If the stripe is not earned during the three-week period, we will work with parents to monitor progress on the tenet in question, and the stripe may be awarded at a later time if the student shows improvement.

ADVANCING IN RANK

The number of core tenet stripes required for advancement to the next belt is as follows:

- Ninjas - 4
- Beginner (ages 7 & up) - 4
- Intermediate ages 7 & up) - 6
- Advanced (ages 7 & up) - 6

School-age students will need the approval of their martial arts instructors as well as their parents to earn each core tenet stripe. Students entering a new rank will begin with whatever core tenet stripe is being covered in that three-week rotation.

Students who will be moving from Beginner to Intermediate (Yellow to Green Belt) and Intermediate to Advanced (Blue to Brown) will need to go through a formal belt test in front of a panel of Black Belt judges where they will perform all of the techniques from their previous ranks.

All other students in the color belt ranks may advance once they have received the appropriate number of core tenet stripes. These new belts will be awarded in class.