

American Hiep Tinh Mon Karate System Curriculum

	White Belt	Yellow Belt	Orange Belt
Time For Rank	6 months	1 year	1.5 years
Stances	Horse Stance, Back Stance, Front Stance	Cat Stance, Square Stance	All lower belt material may be requested
Foot Work	Turning, Jump Switching, Step Drag, Shuffle, Step Thru	Throwing; Forward, Backward, Diagonally, Advancing one foot, Withdrawing one foot, Cross one foot, Pivot on the ball one foot turn backward, Pivot on the ball one foot turn forward	All lower belt material may be requested
Blocks	Low Block, High Block, Inside Block, Outside Block, Knifehand Block	Back Hand Block, Pressing Hand Block, Hooking, Wrist Block, Bent Wrist Block	X Block, Augmented Forearm Block, Reverse Wedge Block, Combined Palm Heel Block, Crescent Kick Block, Cross Kick Block, Pressing Foot Block
Punches	Middle Punch, High Punch, and Side Punch, Semi Circle Elbow, Backfist Punch, Front Punch, Back Punch	Hook Punch, Close/uppercut Punch, U Punch, Parallel Punch, Hammerfist Strike, Front Knifehand, Back Knifehand, Spinning Knifehand	High Reverse Punches, Middle Reverse Punches, Front Hook Punch, Back Hook Punch, Spinning Backfist Punch, Front Ridgehand Strike, Back Ridgehand Strike
Kicks	Front Stretch Kick, Front Snap Kick, Back Snap Kick, Front Roundhouse Kick, Back Roundhouse Kick, Semi Circle Knee, Flying Knee	Front Side Kick, Back Side Kick	Reverse Side Kick, Front Ax Kick, Outside Ax Kick, Inside Ax Kick, Front Double Roundhouse Kick, Back Double Roundhouse Kick, Front Double Side Kick, Back Double Side Kick
Throws	Front, Side, Back, Falls: Front, Side, Back, Bridge Fall, Sweep Side Fall, Flip Side Fall	Forward Foot Sweep, Knee Wheel, Lifting Pulling Ankle Block, Large Inner Reaping	Floating Hip, Large Outer Reaping, Large Hip Throw, Two Arm Shoulder Throw
Forms	Kee Cho Hyung Il Bu (1)	Kee Cho Hyung Ee Bu, Kee Cho Hyung Sam Bu	Pyung Ahn Cho Dan
Weapons			
One Steps	OS1-OS5	OS6-OS10	OS11-OS15
Self Defense	SD1-SD11	SD12-SD22	SD23-SD27
Combinations	CB1-CB5	CB6-CB10	CB11-CB16
Bag Work	2:1 Minute Rounds	2:1 Minute Rounds	2:2 Minute Rounds
Free Sparring	2:1 Minute Rounds	2:1 Minute Rounds	2:2 Minute Rounds
Breaking	Elbow or Front Kick	Hammer Punch or Knife Hand	Stepping Behind Sidekick
Fitness	25 Jumping Jacks, 25 Squats, 25 Sit Ups, 25 Push Ups, 25 Steam Engines, Full Side Split (30 seconds), Full Front Split (30 seconds), 1 Mile Run, 3 Mile Bike Ride, Bench Press, Squats, Dead lifts	35 Jumping Jacks, 35 Squats, 35 Sit Ups, 35 Push Ups, 35 Steam Engines, Full Side Split (30 seconds), Full Front Split (30 seconds), 1.5 Mile Run, 3.5 Mile Bike Ride, Bench Press, Squats, Dead lifts	45 Jumping Jacks, 45 Squats, 45 Sit Ups, 45 Push Ups, 45 Steam Engines, Full Side Split (30 seconds), Full Front Split (30 seconds), 2 Mile Run, 4 Mile Bike Ride, Bench Press, Squats, Dead lifts

American Hiep Tinh Mon Karate System Curriculum

	Green Belt	Purple Belt	Blue Belt
Time For Rank	2 years	2.5 years	3 years
Stances	Horse Stance, Cat Stance, Front Stance	Back Stance, Square Stance	
Foot Work	Turning, Jump Switching, Step Drag, Shuffle, Step Thru	All lower belt material may be requested	
Blocks	Low Block, High Block, Inside Block, Outside Block, Knifehand Block	Hooking Sword-hand Block, Back Hand Block, Pressing Hand Block, Bent Wrist Block	X Block, Augmented Forearm Block, Reverse Wedge Block, Combined Palm Heel Block, Crescent Kick Block, Cross Kick Block, Pressing Foot Block
Punches	Middle Punch, High Punch, and Side Punch, Semi Circle Elbow, Backfist Punch, Front Punch, Back Punch	Hook Punch, Close/uppercut Punch, U Punch, Parallel Punch, Hammerfist Strike, Front Knifehand, Back Knifehand, Spinning Knifehand	High Reverse Punches, Middle Reverse Punches, Front Hook Punch, Back Hook Punch, Spinning Backfist Punch, Front Ridgehand Strike, Back Ridgehand Strike
Kicks	Front Hook Kick, Back Hook Kick, Front Leg Reverse Hook Kick, Back Leg Reverse Hook Kick, Front Leg Reverse Back Kick, Back Leg Reverse Back Kick	Front Crescent Kick, Back Inside Crescent Kick, Back Outside Crescent Kick, Front Leg Reverse Crescent Kick, Back Leg Reverse Crescent Kick, Jump Side Kick, Jumping Front Kick	Front Leg Jumping Reverse Hook, Back Leg Jumping Reverse Hook, Drop Roundhouse Kick, Drop Side Kick, Drop Reverse Hook, Tornado Kick, Jumping Roundhouse Kick, Machine Gun Kick
Throws	Small Outside Reap, Small Inner Reap, Hip Wheel, Lifting Pulling Hip	Following Foot Sweep, Body Drop, Sweeping Hip Throw, Inner Thigh Throw	Small Outside Hook, Lifting Hip, Side Drop, Leg Wheel
Forms	Pyung Ahn Ee Dan	Pyung Ahn Sam Dan	Pyung Ahn Sa Dan
Weapons	Single Stick Form	Bo Basics Form (Poking, Striking, Blocking)	Bo Form (Shushi-no-Kun)
One Steps	OS16-OS20	OS21-OS25	OS26-OS30
Self Defense	SD28-SD39	SD40-SD46	SD47-SD58
Combinations	CB16-CB20	CB21-CB25	CB26-CB30
Bag Work	2:2 Minute Rounds	3:2 Minute Rounds	3:2 Minute Rounds
Free Sparring	2:2 Minute Rounds	3:2 Minute Rounds	3:2 Minute Rounds
Breaking	Spinning Back Kick	Reverse Punch and Step Behind Side Kick	2-point breaking: Knife Hand and Spinning Back Kick
Fitness	55 Jumping Jacks, 55 Squats, 55 Sit Ups, 55 Push Ups, 55 Steam Engines, Full Side Split (30 seconds), Full Front Split (30 seconds), 2.5 Mile Run, 4.5 Mile Bike Ride, Bench Press, Squats, Dead lifts	65 Jumping Jacks, 65 Squats, 65 Sit Ups, 65 Push Ups, 65 Steam Engines, Full Side Split (45 seconds), Full Front Split (45 seconds), 3 Mile Run, 5 Mile Bike Ride, Bench Press, Squats, Dead lifts	75 Jumping Jacks, 75 Squats, 75 Sit Ups, 75 Push Ups, 75 Steam Engines, Full Side Split (45 seconds), Full Front Split (45 seconds), 3.5 Mile Run, 5.5 Mile Bike Ride, Bench Press, Squats, Dead lifts

American Hiep Tinh Mon Karate System Curriculum

	Red Belt	Brown Belt	Cho Dan Bo
Time For Rank	3.5 years	4 years	4.5 years
Stances	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Foot Work	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Blocks	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Punches	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Kicks	Reverse Ax Kick, Jumping Reverse Back Kick	Jumping Reverse Side Kick, Jumping Reverse Crescent Kick	Pop Up Hook Kick, Pop Up Roundhouse Kick
Throws	Spring Hip Throw, Lifting Pulling Foot Sweep, Circle Throw, Valley Drop, Spring Wrap	Corner Reversal, Scoop Throw, Changing Hip Throw, Large Wheel, Outer Wrap Around, Floating Drop	Large Outer Wheel, Floating Technique, Side Wheel, Rear Hip Throw, Rear Throw, Corner Drop, Side Hook
Forms	Pyung Ahn Oh Dan	Bassai	
Weapons		Bo Form (Cho Un No Kon)	Nunchaku Basics Form
One Steps	OS31-OS35	OS36-OS40	OS41-OS45
Self Defense	SD59-SD71	SD73-SD76	SD77-SD80
Combinations	CB31-CB35	CB36-CB40	CB41-CB45
Bag Work	3:3 Minute Rounds	3:3 Minute Rounds	3:3 Minute Rounds
Free Sparring	3:3 Minute Rounds	3:3 Minute Rounds (Point Sparring/Takedown)	3:3 Minute Rounds
Breaking	Hook Kick	2-point breaking - Step behind Side Kick and Hook Kick	2-point breaking - Any hand technique and Jump Spinning Back Kick
Fitness	85 Jumping Jacks, 85 Squats, 85 Sit Ups, 85 Push Ups, 85 Steam Engines, Full Side Split (45 seconds), Full Front Split (45 seconds), 4 Mile Run, 6 Mile Bike Ride, Bench Press , Squats, Dead lifts	95 Jumping Jacks, 95 Squats, 95 Sit Ups, 95 Push Ups, 95 Steam Engines, Full Side Split (60 seconds), Full Front Split (60 seconds), 4.5 Mile Run, 6.5 Mile Bike Ride, Bench Press , Squats, Dead lifts	100 Jumping Jacks, 100 Squats, 100 Sit Ups, 100 Push Ups, 100 Steam Engines, Full Side Split (60 seconds), Full Front Split (60 seconds), 5 Mile Run, 7 Mile Bike Ride, Bench Press , Squats, Dead lifts

American Hiep Tinh Mon Karate System Curriculum

	1st Dan Black Belt	2nd Dan Black Belt	3rd Dan Black Belt
Time For Rank	5 years	7 years	10 years
Stances	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Foot Work	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Blocks	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Punches	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Kicks	540 Hook Kick, Front/Side Scissors Kick, Double Front Scissors Kick	All lower belt material may be requested	All lower belt material may be requested
Throws	Heel Trip Reversal, Flying Scissors, Inner Thigh Wrap Around, Swallow's Flight, Reversal, Major Outer Wrap Around, Sleeve Lifting Pulling Hip	7 Holds	9 Leg Locks
Forms	Nai Han Chi Cho Dan	Pyung Ahn Cho Dan, Nai Han Ji E Dan, Jin Do	Pyung Ahn Ee Dan, Nai Han Ji Sam Dan, Ro Hi
Weapons	Bo Form (Saku-Gawa-No-Kon)	Nunchaku Form 2 (Ko-Bu Nunchaku)	Bo Form (Tsuken No Kon), Tonfa Form , Kama Basics Form
One Steps	OS46-OS55	OS56-OS65	OS66-OS75
Self Defense	SD81-SD90	SD91-SD106	SD107-SD116
Combinations	CB46-CB55	CB56-CB63	Ten Individual Combinations with Applications
Bag Work	3:3 Minute Rounds	4:3 Minute Rounds	5:3 Minute Rounds
Free Sparring	3:3 Minute Rounds	4:3 Minute Rounds	5:3 Minute Rounds
Breaking	(Jump Side Kick), Reverse Punch	Jump Spinning Back Kick	Jump Spinning Heel Kick
Fitness	100 Jumping Jacks, 100 Squats, 100 Sit Ups, 100 Push Ups, 100 Steam Engines, Full Side Split (60 seconds), Full Front Split (60 seconds), 5 Mile Run, 7 Mile Bike Ride, Bench Press , Squats, Dead lifts	200 Jumping Jacks, 200 Squats, 200 Sit Ups, 200 Push Ups, 200 Steam Engines, Full Side Split (120 seconds), Full Front Split (120 seconds), 5 Mile Run, 7.5 Mile Bike Ride, Bench Press , Squats, Dead lifts	300 Jumping Jacks, 300 Squats, 300 Sit Ups, 300 Push Ups, 300 Steam Engines, Full Side Split (180 seconds), Full Front Split (180 seconds), 5 Mile Run, 8 Mile Bike Ride, Bench Press , Squats, Dead lifts

American Hiep Tinh Mon Karate System Curriculum

	4th Dan Black Belt (Master Belt)	5th Dan Black Belt (Master Belt)	6th Dan Black Belt (Master Belt)
Time For Rank	14 years	19 years	25 years
Stances	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Foot Work	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Blocks	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Punches	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Kicks	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Throws	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Forms	Pyung Ahn Sam Dan, Kong San Kun, Sip Soo	Pyung Ahn Sa Dan, Wang Shu, Sei San	Pyung Ahn O Dan, Ji On Hyung, O Sip Sa Bo, UnSu
Weapons	Kama Form 2	Samuari Sword Basics Form	Samari Sword Intermediate Form
One Steps	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Self Defense	35 Techniques: Self-Defense Ground Fighting	25 Techniques: Self-Defense Advance Ground Fighting	25 Counters to locking techniques
Combinations	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Bag Work	6:3 Minute Rounds	All lower belt material may be requested	All lower belt material may be requested
Free Sparring	6:3 Minute Rounds	Multiple Opponents	Multiple Opponents
Breaking	Individual Choses Breaks	Power Break	Breaking Show: Power Break and Speed Breaks
Fitness	400 Jumping Jacks, 400 Squats, 400 Sit Ups, 400 Push Ups, 400 Steam Engines, Full Side Split (240 seconds), Full Front Split (240 seconds), 5 Mile Run, 9 Mile Bike Ride, Bench Press , Squats, Dead lifts	500 Jumping Jacks, 500 Squats, 500 Sit Ups, 500 Push Ups, 500 Steam Engines, Full Side Split (240 seconds), Full Front Split (240 seconds), 5 Mile Run, 9.5 Mile Bike Ride, Bench Press , Squats, Dead lifts	600 Jumping Jacks, 600 Squats, 600 Sit Ups, 600 Push Ups, 600 Steam Engines, Full Side Split (240 seconds), Full Front Split (240 seconds), 5 Mile Run, 10 Mile Bike Ride, Bench Press , Squats, Dead lifts

American Hiep Tinh Mon Karate System Curriculum

	7th Dan Black Belt (Grandmaster Belt)	8th Dan Black Belt (Grandmaster Belt)	9th Dan Black Belt (Grandmaster Belt)
Time For Rank	31 years	39 years	48 years
Stances	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Foot Work	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Blocks	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Punches	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Kicks	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Throws	All lower belt material may be requested	All lower belt material may be requested	All lower belt material may be requested
Forms	Yang Family Tai Chi Form	All lower belt material may be requested	All lower belt material may be requested
Weapons	Master Sword Form, Naginata Form	All lower belt material may be requested	All lower belt material may be requested
One Steps	Demo	Demo	Demo
Self Defense	Demo	Demo	Demo
Combinations	Demo	Demo	Demo
Bag Work	Demo	Demo	Demo
Free Sparring	Demo	Demo	Demo
Breaking	Demo	Demo	Demo
Fitness	No Test	No Test	No Test