

# **VIDEO PROGRAMS AT YOUR PACE**

**ENTIRE LISTING OF CHILDREN'S  
MARTIAL ARTS & FITNESS WITH  
CHARACTER-BUILDING CURRICULUM,  
BEGINNER TO ADVANCED**

**NOTE: YOU MUST PURCHASE BEGINNER OR ADVANCED  
SECTION SEPARATELY, AND PLEASE START WITH BEGINNER  
LEVEL SO YOU GET THE MOST OUT OF THIS!**

## **BEGINNER CHILDREN'S MARTIAL ARTS & FITNESS WITH CHARACTER CURRICULUM (white to purple belt level)**

\*The content listing for each video class gives general topics covered but is not inclusive – our awesome instructors sometime throw in bonus stuff unscripted, making classes very entertaining

\*Classes can be done as a family or parents watching children, or for older children, on their own has worked out well too!

\*Use 1 video per day for a class (there are pause sets in video for children or families to pause to do different drills and games to allow classes as short or long as they want!)

\*Aim for 2-3 videos per week allowing for an **entire session to be completed in 4-6 months** but for families that want a class every day (the more the better!) we traditionally recommend repeating and rotating this video set with a new video every 2 days, roughly every 12 weeks for 6 months, as a real martial arts school obviously has children practice repeated drills and exercises

\*We pride our videos on covering the most applicable self-defense drills, preserving some of the culture and tradition on various styles especially Kung Fu, while still being a non-traditional program and school of martial arts open to all styles and **cleverly combining the intellectual, character-building and spiritual aspects into training we want for our children**

### VIDEO CLASS LISTING

0. Dynamic stretching starter video, incorporating music and how to use these videos
1. Martial: Intro to our philosophy; Modified iron stance  
Physical: Squat variations and squat song challenges  
Mental: Martial Arts Tree of Life  
Spiritual: Tidal breathing breathwork
2. Martial: Jab drills the clock; Footwork focus  
Physical: Leap frogs, Grip strength games and secrets  
Mental: Value homework of respect  
Spiritual: Web of light
3. Martial: Jabbing with stepping off the line, Extended castle stance held while striking  
Physical: Bear crawl variations, Bear crawl flag tag  
Mental: Value homework of respect  
Spiritual: Giving over receiving
4. Martial: Stance switches, adding jabs and double jabs  
Physical: Jump quest, Jump quest added with strikes  
Mental: Value homework of respect  
Spiritual: What a world without respect would be without respect

5. Martial: Bob and weave strikes; Jab to slipping elbows  
Physical: Push-ups wide, diamond and reverse, push-up tunnel games  
Mental: Value homework non-violence  
Spiritual: Tidal breathing breathwork
6. Martial: Jab, cross; “Wedge” striking; Tennis ball striking  
Physical: Hindu and dive bomber push-ups; Ninja Dodgeball  
Mental: Value homework of non-violence  
Spiritual: Tidal breathing with imagery breathwork
7. Martial: Jab-cross drills with angles, footwork and switch music games  
Physical: Horse Stance drills and “T” drills and family and/or child contest  
Mental: Value homework of sacrifice  
Spiritual: Fighting for your brothers and sisters is fighting for yourself
8. Martial: Jab-cross target drills, Headlock defense  
Physical: Inchworms, Wall holds, Bridges  
Mental: Value homework of sacrifice  
Spiritual: Knowing what to and not to fight for in life
9. Martial: Rake to cross, learning the rake, Jab to rake; Concept of push and pull  
Physical: Duck walks and duck walk games, Leg holds and contests  
Mental: Value homework of compromise  
Spiritual: Fire breathing breathwork
10. Martial: Jab Cross combos; Striking forms and functional katas  
Physical: Superman ground variations, Chairs  
Mental: Value homework of compromise  
Spiritual: Fire breathing breathwork with imagery added
11. Martial: Shoulder / Shirt grabs; Windmills; Lotus sweep kick balance drills  
Physical: Static hold games; Shoulder presses  
Mental: Value homework of preparation  
Spiritual: Seeing spirituality first when meeting people
12. Martial: Grabs from behind; Jab Cross combos; Front kicks and balance  
Physical: Capoeira exercise games and drills  
Mental: Value homework of preparation  
Spiritual: What you do when no one is watching
13. Martial: Jab cross roundhouse transitions to kicks; Basic elbows  
Physical: More Capoeira exercise games and drills  
Mental: Value homework of self-reflection  
Spiritual: Reflecting on what makes you you

14. Martial: Clockwork strike drills; Elbow drills  
Physical: Ground windmill pulls all directions; Partner push-up games  
Mental: Value homework of self-reflection  
Spiritual: Reflecting on others and why they do what they do (not just what they do)
15. Martial: Incorporating hip strikes  
Physical: Switching jump kicks down the room, One minute push-ups; Push-up games  
Mental: Value homework of winning and losing  
Spiritual: Respecting the earth
16. Martial: Snap kicks clocks; 1 minute contests; Snap kick reflexes  
Physical: Pistol squats for beginners; L-sits for beginners  
Mental: Value homework of winning and losing  
Spiritual: Respecting wildlife
17. Martial: Thrust kick; Thrust kicks clocks; 1 minute contests; Thrust kick reflexes  
Physical: Cartwheels; Plyometrics upper body drills  
Mental: Value homework of compassion  
Spiritual: Breathwork using positivity
18. Martial: Defensive falls front and back; Fall drills with defensive stances  
Physical: Handstands with a spotter; Handstand games and challenges  
Mental: Value homework of compassion  
Spiritual: Moving with energy – the Tai Chi ruler
19. Martial: Defensive falls front and back; Fall drills with defensive stances  
Physical: Helicopter push-ups, Tug of war games  
Mental: Value homework of foresight  
Spiritual: Moving with energy – the Tai Chi ruler with angles
20. Martial: Front to back attacks, Jab cross Palm uppercuts  
Physical: Plyolunges; Flying split jumps; Inverted wall rows  
Mental: Value homework of foresight  
Spiritual: Moving with energy – Tai Chi ruler for kids with large circles
21. Martial: Learning proper guard; Technical getups; Brazilian Jiu Jitsu guard basics  
Physical: Shrimping, Shrimping races and variations  
Mental: Value homework of risk vs. reward  
Spiritual: Moving with Energy - Tai Chi ruler with coiling and spiraling wrists
22. Martial: Mount guard drills; Focus on return to standing  
Physical: Ground drills, Circle pushups, Forearm push-ups and static holds  
Mental: Value homework of risk vs. reward  
Spiritual: Moving with Energy – Tai Chi ruler continued

23. Martial: Intro. to feints, Feints with jab cross, Foot stomps with various combos  
Physical: Jump rope line games  
Mental: Value homework of education  
Spiritual: Seated Meditation - partner breathing
24. Martial: High to low and push n' pull principles, partner high-low games  
Physical: Calf raises, crab walks, toe duck walks, pogos  
Mental: Value homework of education  
Spiritual: Seated Meditation - pinpoint method
25. Martial: Side kicks and feints with side kicks  
Physical: Cardio bodyweight circuits  
Mental: Value homework of education  
Spiritual: Seated Meditation - pinpoint method again
26. Martial: Straight back rear kicks, instep kicks, side kicks, the clock drills  
Physical: Burpee Variations  
Mental: Value homework of self-confidence  
Spiritual: Seated Meditation - thinking of nothing
27. Martial: Straight back rear kicks, instep kick drills  
Physical: Wall walks, wall marches and swing-throughs  
Mental: Value homework of self-confidence  
Spiritual: Seated Meditation - thinking of nothing again
28. Martial: Intro. to Tai Chi press / Tai Chi pushes  
Physical: Wall bridges, wall marches mixed into striking drills  
Mental: Value homework of leadership  
Spiritual: Seated Meditation - sensory breathing
29. Martial: Tai Chi press / Tai Chi pushes combos and methods  
Physical: Tai Chi push drills, kneeled variations  
Mental: Value homework of leadership  
Spiritual: Moving with energy – Tai Chi push
30. Martial: Running bull counters, Palm slaps  
Physical: Tai Chi push drills, baby squat jumps  
Mental: Value homework of hope  
Spiritual: Moving with energy – Tai Chi push
31. Martial: One-two knees  
Physical: Track ladder drills  
Mental: Value homework of hope  
Spiritual: Moving with energy – Eight Brocade part 1

32. Martial: Castle-stance, Castle-stance then countering  
Physical: More push-ups, introducing L sits  
Mental: Value homework of morals  
Spiritual: Moving with energy – Eight Brocade part 2
33. Martial: Various Thai kicks  
Physical: Drills – Checking kick drills  
Mental: Value homework of morals  
Spiritual: Moving with energy – Eight Brocade part 3
34. Martial: Various Muay Thai knees  
Physical: Upper body ladders  
Mental: Value homework of focus  
Spiritual: Moving with energy – Eight Brocade part 4
35. Martial: Muay Thai knees modified into combos  
Physical: Dowel rods, forearm training  
Mental: Value homework of focus  
Spiritual: Moving with energy – Eight Brocade part 5
36. Martial: Wrestling and Muay Thai clenches, breaking apart  
Physical: Variations on dowel rods, more forearm training  
Mental: Value homework of focus  
Spiritual: Moving with energy – Eight Brocade part 6
37. Martial: Combos learning to use the palm strike  
Physical: High-ups to getups  
Mental: Value homework of forgiveness  
Spiritual: Moving with energy – Eight Brocade part 7
38. Martial: Crescent kicks and reverse crescents  
Physical: Crescent kick agility games and drills  
Mental: Value homework of forgiveness  
Spiritual: Moving with energy – Eight Brocade part 8
39. Martial: Slap kicks  
Physical: Goblet squats and bent-knee drops  
Mental: Value homework of forgiveness  
Spiritual: Moving with energy – Eight Brocade complete
40. Martial: Various kicks and strikes combos – learning to unchoreographed  
Physical: Sumo game  
Mental: Value homework of completion, enjoying one success but awaiting more  
Spiritual: Final words on first half of program

## **ADVANCED CHILDREN'S MARTIAL ARTS & FITNESS WITH CHARACTER CURRICULUM (purple to black belt level)**

\*Please complete the "Children's Beginner Classes" section first – we teach a variety of styles we pull from in martial arts largely blended with Kung Fu principles and striking strategies, so it will be difficult for just from any one style or even mixed martial arts to complete this section without completing our Beginner's section first!

\*The content listing for each video class gives general topics covered but is not inclusive – our crazy instructor sometimes likes to throw extra stuff unscripted, making the classes very entertaining

\*Classes can be done as a family or parents watching children, or for older children, on their own has worked out well too!

\*Use 1 video per day for a class (there are pause sets in video for children or families to pause to do different drills and games to allow classes as short or long as they want!)

\*Aim for 2-3 videos per week allowing for an entire session over the year to be 3-4 months but for families that want a class every day (the more the better!) we traditionally recommend repeating and rotating this video set with a new video each day, roughly every 6 weeks for 4 months, as a real martial arts school obviously has children practice repeated drills and exercises

\*We pride our videos on covering the most applicable self-defense drills, preserving some of the culture and tradition on various styles especially Kung Fu, while still being a non-traditional program and school of martial arts open to all styles and **cleverly combining the intellectual, character-building and spiritual aspects into training we want for our children**

0. Dynamic stretching starter video, incorporating music and how to use these videos

41. Martial: Advanced jab cross to rear roundhouse with double palms; Triple elbow strikes  
Physical: Push-ups in lifts; Spiders; Plyolunges  
Mental: Value homework of discipline  
Spiritual: Tidal Breathe your problems away – the "SAS" system of when you must meditate
42. Martial: Ridge Hand and variations  
Physical: Bridges and Upchucks  
Mental: Value homework of discipline  
Spiritual: Tidal Breathe your problems away – the "SAS" system of when you must meditate
43. Martial: Pushing ridge hand variations to work  
Physical: More bridges and balance drills  
Mental: Value homework of willpower  
Spiritual: Willpower in helping yourself

44. Martial: Rear and front bearhugs  
Physical: Tiger leaps forward and backwards, L-Jumps  
Mental: Value homework of willpower  
Spiritual: Willpower in helping others
45. Martial: Rear and front bearhugs with 2 attackers  
Physical: Ryan's Bodykiller Workout Cardio sequence  
Mental: Value homework of willpower  
Spiritual: Tai Chi scoop
46. Martial: Countering jumping attacks  
Physical: Ground X-lifts and plank holds  
Mental: Value homework of respect  
Spiritual: Tai Chi scoop
47. Martial: Ground attacks, retreat to attacks  
Physical: Long jump training  
Mental: Value homework of respect  
Spiritual: Tai Chi "bodywash"
48. Martial: Triple elbows; Downward and upward elbows  
Physical: Strength training from kneeling position  
Mental: Value homework of sacrifice  
Spiritual: Tai Chi "bodywash"
49. Martial: Forearm variations and forearm conditioning  
Physical: Torque training with lightweight  
Mental: Value homework of listening  
Spiritual: Tai Chi "repulse the monkey"
50. Martial: Forearm strikes  
Physical: Minute drills  
Mental: Value homework of truth  
Spiritual: Tai Chi "repulse the monkey"
51. Martial: Knee to kick combos, rear insteps  
Physical: Hanging  
Mental: Value homework of truth  
Spiritual: Tai Chi "kick sequence"
52. Martial: Checking kicks, alternatives to checking opponent's kicks  
Physical: Pulling  
Mental: Value homework of truth  
Spiritual: Tai Chi "kick sequence"

53. Martial: Checking punches, remembering the wedge  
Physical: Pushing isometrics, doorway exercises  
Mental: Value homework of humility  
Spiritual: Turning strikes into moving meditations
54. Martial: Various Muay Thai kicks  
Physical: Sprint arms, high knees and jumping push-ups  
Mental: Value homework of humility  
Spiritual: Turning strikes into moving meditations
55. Martial: Feints with shin strikes, adding single and double palm heel strikes  
Physical: Reactions moving back, returning forward, evasion drills  
Mental: Value homework of compassion  
Spiritual: Tai Chi “holding the ball”
56. Martial: Feints with rear parry to jab palm strikes; the art of set-ups  
Physical: One arm push-ups  
Mental: Value homework of compassion  
Spiritual: Tai Chi “holding the ball”, Repulse the monkey
57. Martial: Feints with kicks, feints with knees, feint to lead elbows  
Physical: Plank extensions rolling heavy items  
Mental: Value homework of compassion  
Spiritual: Tai Chi “holding the ball” then “repulse the monkey”
58. Martial: Upward and downward elbows  
Physical: Elbow push-up variations on elbow tips  
Mental: Value homework of resilience  
Spiritual: Tai Chi “holding the ball” then “repulse the monkey” then Tai Chi kick
59. Martial: Fake knee to pulldowns  
Physical: Ground ab core work  
Mental: Value homework of resilience  
Spiritual: Discussing a world with or without compassion and resilience
60. Martial: Front stop kick to rear roundhouse; Front stop kick to double diag knee / palm heel  
Physical: Sliders, Sliders while holding weights  
Mental: What do you need to work on?  
Spiritual: Lesson of preparedness for yourself
61. Martial: Double kicks  
Physical: Continuous squats, Tai Chi running  
Mental: Value homework of self-improvement - What do you need to work on physically  
Spiritual: Lesson of preparedness for taking care of others

62. Martial: Controlling opponents for ground prevention  
Physical: Weighted duck walks, duck walk overheads, donkey kicks, inchworms, plank jacks  
Mental: Value homework of self-improvement - What do you need to work on mentally  
Spiritual: Taking time to take care of yourself is in a way taking care of others
63. Martial: Front stop kick to front flying knee to gravity guard pull-down  
Physical: Army crawl cardio  
Mental: Value homework of self-improvement - What do you need to work on spiritually  
Spiritual: Taking time to take care of yourself is in a way taking care of others
64. Martial: Reverse steps  
Physical: Jump rope variations (even with no jump rope!)  
Mental: Value homework of conviction  
Spiritual: Conviction in helping others
65. Martial: Jab to front roundhouse to rear cross to front knee  
Physical: Burpee variations  
Mental: Value homework of conviction  
Spiritual: Dragon Swim
66. Martial: Jab and front knee double strike to rear diag knee to Tai Chi modified push to rear  
half knee half shin kick  
Physical: Shrimp variations  
Mental: Value homework of courage  
Spiritual: Dragon Swim
67. Martial: “Teasing” with lead hand  
Physical: Tai Chi running with reverse breathing  
Mental: Value homework of courage  
Spiritual: Dragon Swim
68. Martial: Combos using the hip check  
Physical: Russian twists and Pilate variations  
Mental: Value homework of courage  
Spiritual: Sharing wisdom with others
69. Martial: Combos using the hip check  
Physical: Static holds with pistol squats  
Mental: Value homework of positivity – surround yourself with people who treat you well  
Spiritual: The “Yin Yang” concept, nothing is entirely good or evil
70. Martial: Revised chain palm heel punches  
Physical: Grating  
Mental: Value homework of understanding fear  
Spiritual: Sharing wisdom with others

71. Martial: Safe Judo-type takedowns  
Physical: Horse Stance test  
Mental: Value homework of courage  
Spiritual: Sharing wisdom with others
72. Martial: Jab to rear elbow then rear palm heel crosses  
Physical: Spiders on elbows and shoulder crawls  
Mental: Journaling your goals  
Spiritual: Helping others reach their own goals
73. Martial: Defend from inside your guard (keep them close); transition to standing  
Physical: Jump squats, Jump spins, Horse stance bounces, fingertip pushups, inchworms  
Mental: Value homework of listening  
Spiritual: Meaning versus happiness
74. Martial: Defending from the mount  
Physical: Wall plank holds, Fingertip push-ups variations  
Mental: Value homework of listening  
Spiritual: Meaning versus happiness
75. Martial: Defending from rear headlock and rear naked choke (you have to know this!!)  
Physical: Tennis ball hop agility drills and games  
Mental: Value homework of critical thinking  
Spiritual: First of Tibetan Rites
76. Martial: Defending from rear headlock and rear naked choke from the ground (this too!)  
Physical: Tiger claw pushups; Wrist pushups  
Mental: Value homework of grace  
Spiritual: Second of Tibetan Rites
77. Martial: Striking blindfolded – trusting your movements  
Physical: Cardio drills blindfolded  
Mental: Value homework of finding a cause important to you  
Spiritual: Third of Tibetan Rites
78. Martial: Defense drills blindfolded – trusting your movements  
Physical: L-sits seesaw and frog pushups  
Mental: Value homework of finding a cause important to you  
Spiritual: Fourth of Tibetan Rites
79. Martial: Multiple opponents  
Physical: Advanced one leg reverse lunges to jumping triple strikes with L-jumps added 😊  
Mental: Remember the path of unintended consequences  
Spiritual: Fifth of Tibetan Rites

80. Martial: The hard beats the soft, the soft beats the hard (but most will use hard)  
Physical: Grinding for grip strength from balance points of special angles  
Mental: Review of Martial Arts Tree of Life  
Spiritual: Final Words