



# E.M.A CURRICULUM OVERVIEW

**JUNIORS**

**7-12 YEARS OLD**

**LENGTH: 36 MONTHS**

## Forms:

- E.M.A® Form 1
- E.M.A® Form 2
- E.M.A® Form 3

## Weapons:

- |                                      |                                     |                                  |
|--------------------------------------|-------------------------------------|----------------------------------|
| <input type="checkbox"/> Nunchucks 1 | <input type="checkbox"/> Bo-Staff 1 | <input type="checkbox"/> Sword 1 |
| <input type="checkbox"/> Nunchucks 2 | <input type="checkbox"/> Bo-Staff 2 | <input type="checkbox"/> Sword 2 |
| <input type="checkbox"/> Nunchucks 3 | <input type="checkbox"/> Bo-Staff 3 | <input type="checkbox"/> Sword 3 |

## Combinations:

- |   |   |
|---|---|
| <input type="checkbox"/> E.M.A® Combo 1 | <input type="checkbox"/> E.M.A® Combo 4 |
| <input type="checkbox"/> E.M.A® Combo 2 | <input type="checkbox"/> E.M.A® Combo 5 |
| <input type="checkbox"/> E.M.A® Combo 3 | <input type="checkbox"/> E.M.A® Combo 6 |

## Self Defense:

- |   |  |
|---|--|
| <input type="checkbox"/> Wrist Grab       | <input type="checkbox"/> Collar Hold     |
| <input type="checkbox"/> Front Choke Hold | <input type="checkbox"/> Hair Pull       |
| <input type="checkbox"/> Bear Hug         | <input type="checkbox"/> Rear Choke Hold |

## Upper-Body Strikes:

- (Head & Body) Jab
- (Head & Body) Cross
- (Head & Body) Hook
- (Head & Body) Uppercut
- (Left & Right) Elbow
- SuperMan Punch
- (Uppercut, Hook, Cross) Basic Pattern
- Sit Roll Catch

## Lower-Body Strikes:

- (Skip, Pop, Push) Front Kick
- (Jumping, Levels) Roundhouse Kick
- (Jumping) Axe Kick
- (Spinning) Hook Kick
- (Jumping) Back Kick
- (Flying) Side Kick
- 360° Kick
- Knee Strike
- Sweep Kick

## Stances:

- |                                   |                                      |
|-----------------------------------|--------------------------------------|
| Sparring <input type="checkbox"/> | Mat-Chat <input type="checkbox"/>    |
| Joon Bi <input type="checkbox"/>  | Criss-Cross <input type="checkbox"/> |
| Horse <input type="checkbox"/>    | Attention <input type="checkbox"/>   |

**Pushups: 75**

**Running: 3 Miles (<30 Minutes)**

**Plank Hold: 2 Minutes**

## E.M.A® LIFE SKILLS

### CORE SKILLS

- Focus
- Balance

### INTERMEDIATE SKILLS

- Coordination
- Effort
- Control

### ADVANCED SKILLS

- |                                     |                                     |
|-------------------------------------|-------------------------------------|
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Power      |
| <input type="checkbox"/> Speed      | <input type="checkbox"/> Discipline |
| <input type="checkbox"/> Patience   |                                     |



**BLACK BELTS**  
**PALLET #2026**

# BELT PROGRESSION GUIDE

**JUNIORS**

**7-12 YEARS OLD**

**LENGTH: 36 MONTHS**

*Core Junior Classes • Attend 2x Week • 5 Months Long*

CURRENT BELT COLOR	BOARD BREAKING	PUSHUPS REQUIRED	STRIPES REQUIRED	LENGTH PER BELT
WHITE	HAMMER FIST	10 PUSHUPS	14-16 STRIPES	~ 2 MONTHS
YELLOW	SWITCH KNEE	15 PUSHUPS	22-24 STRIPES	~ 3 MONTHS

*Intermediate Junior Classes • Attend 3x Week • 9 Months Long*

GREEN	PUSH-KICK	20 PUSHUPS	24-26 STRIPES	~ 3 MONTHS
BLUE	ROUNDHOUSE	25 PUSHUPS	24-26 STRIPES	~ 3 MONTHS
HIGH-BLUE	ROUNDHOUSE JUMPING	30 PUSHUPS	32-34 STRIPES	~ 3 MONTHS

*Advanced Junior Classes • Attend 3x Week • 18 Months Long*

RED	SIDE KICK	40 PUSHUPS	32-34 STRIPES	~ 4 MONTHS
HIGH-RED	AXE KICK	50 PUSHUPS	32-34 STRIPES	~ 4 MONTHS
BROWN	BACK KICK	60 PUSHUPS	32-34 STRIPES	~ 4 MONTHS
HIGH-BROWN	360° KICK	75 PUSHUPS	N/A	~ 6 MONTHS

**IMPORTANT:** Follow **Your Child's CURRENT Belt** on the chart.

For example, Sophie has a Green Belt, so she needs to do a Push-Kick and 20 pushups before she can move up.



# E.M.A CURRICULUM OVERVIEW

**LITTLE NINJAS**

**3-6 YEARS OLD**

**LENGTH: 30 MONTHS**

## | Forms:

- E.M.A® Form 1
- E.M.A® Form 2
- E.M.A® Form 3

## | Weapons:

- Nunchucks 1
- Nunchucks 2
- Nunchucks 3
- Bo-Staff 1
- Bo-Staff 2
- Bo-Staff 3

## | Combinations:

- E.M.A® Combination 1
- E.M.A® Combination 2
- E.M.A® Combination 3

## | Self Defense:

- Wrist Grab
- Front Choke Hold
- Bear Hug
- Collar Hold
- Hair Pull
- Rear Choke Hold

## | Upper-Body Strikes:

- (Head & Body)* Jab
- (Head & Body)* Cross
- (Head & Body)* Hook
- (Head & Body)* Uppercut
- Backfist
- (Left & Right)* Elbow
- SuperMan Punch

## | Lower-Body Strikes:

- (Skip, Pop, Push)* Front Kick
- (Low, Mid, High)* Roundhouse Kick
- Axe Kick
- Side Kick
- Back Kick
- 360° Kick

## | Stances:

- Sparring
- Joon Bi
- Horse
- Mat-Chat
- Criss-Cross
- Attention

**| Pushups: 45**

**| Running: 1 Mile**

**| Plank Hold: 1 Minute**

## E.M.A® LIFE SKILLS

### CORE SKILLS

- Focus
- Balance
- Listening
- Coordination
- Effort
- Control

### ADVANCED SKILLS

- Confidence
- Speed
- Patience
- Power
- Discipline
- Leadership



**BLACK BELTS  
PALLET #2026**

# BELT PROGRESSION GUIDE

**LITTLE NINJAS    3-6 YEARS OLD    LENGTH: 30 MONTHS**

*Core Ninja Classes • Attend 2x Week • 8 Months Long*

CURRENT BELT COLOR	BOARD BREAKING	PUSHUPS REQUIRED	STRIPES REQUIRED	LENGTH PER BELT
WHITE	HAMMER FIST	5 PUSHUPS	14-16 STRIPES	~ 2 MONTHS
YELLOW	DOWN-CHOP	8 PUSHUPS	14-16 STRIPES	~ 2 MONTHS
ORANGE	CROSS	10 PUSHUPS	14-16 STRIPES	~ 2 MONTHS
PURPLE	KNEE STRIKE	12 PUSHUPS	14-16 STRIPES	~ 2 MONTHS

*Advanced Ninja Classes • Attend 3x Week • 22 Months Long*

GREEN	DOWN-ELBOW	15 PUSHUPS	21-24 STRIPES	~ 2 MONTHS
BLUE	PUSH-KICK	18 PUSHUPS	21-24 STRIPES	~ 2 MONTHS
HIGH-BLUE	SWITCH-KNEE	20 PUSHUPS	33-36 STRIPES	~ 3 MONTHS
RED	SIDE KICK	25 PUSHUPS	33-36 STRIPES	~ 3 MONTHS
HIGH-RED	BACK KICK	30 PUSHUPS	33-36 STRIPES	~ 3 MONTHS
BROWN	ROUND-HOUSE	35 PUSHUPS	33-36 STRIPES	~ 3 MONTHS
HIGH-BROWN	ROUND-HOUSE SWITCH	45 PUSHUPS	N/A	~ 6 MONTHS

**IMPORTANT:** Follow **Your Child's CURRENT Belt** on the chart.

For example, Little Adam has a Yellow Belt, so he needs to do a Down-Chop and 8 pushups before he can move up.