

GREEN BELT REQUIREMENTS

Teen and Adults

Student must have a minimum of 75 classes

- Protocol
 - Understanding the meaning of bowing procedures.
 - Understand how to tie a belt properly.
 - Students must demonstrate respect, honor, and discipline for others at all times.

- Terminology
 - Domo - Thank you
 - Sensei - Teacher/Instructor
 - Kiba dachi - Horse Stance
 - Fudo dachi - Attention/Ready Stance
 - Seiken zuke - Straight Punch
 - Mae geri - Front Kick
 - Yoko geri - Side Kick
 - Rikken uchi - Back Fist
 - Seiken age uke - Rising Block
 - Seiken gedan barai - Low Sweeping Block
 - Mawashi empi uchi - Round House Elbow
 - Zenkutsu dachi - Front Stance
 - Neko ashi dachi - Cat Stance
 - Keeage - Snap
 - Kekomomi - Thrust
 - Migi - Right
 - Hidari - Left
 - Seiken oi tsuke - Straight punch advancing
 - Shuto Uke - Knife hand block
 - Mawashi geri - round kick

- Warm-up
 - 40 Jump rope or Jumping jacks
 - 25 Push-ups
 - 30 V-ups
 - 40 Spider push-ups
 - Warm-up continued on the next page
 - 40 Chinese push-ups

- 30 Leg lifts
- 2 Minutes hold in a six inch leg lift
- 5 Minutes to stretch

- Basics - Basics will be demonstrated while advancing in stance.

Also 3/7, 7/3.

Stances

Ready/Attention Stance
Horse Stance
Front Stance
Cat Stance
Back Stance

Strikes

Straight Punch	Palm Heel
Back Fist	Elbow to the Rear
Tiger Claw	Elbow to the Side
Round House Elbow	Knife Hand
Rising Elbow	Ridge Hand
Back Hand	Fore Knuckle Punch

Blocks - All blocks may be executed against a blocker.

Rising Block	Outside Forearm Block
Low Sweeping Block	Hand Clap Block
Inside Forearm Block	Press Block
Knife Hand Block	

Kicks

Front Kick	Side Kick
Round House Kick	Hook Kick
Jump Front Kick	Inside Crescent Kick
Spin Kick	Outside Crescent Kick
Axe Kick	

Weapons

Nunchaku Basics

- Kata
Katsu - Energy

Chisai Tatsu - Little Dragon

Me No Taiyo - Eyes of the Sun

Student must be able to perform continuously without help.

- Self-Defense

- Double Wrist Grab

- Set 1 - Clap hands, front snap kick

- Set 2 - Circle hands out, grab wrist, press elbow, take down on
1 knee

- Set 3 - Clap hands, reverse grip, control attacker

- Set 4 - Strike, grab partners hand, spin and control attacker

- Double Lapel Grab

- Set 1 - Circle hands out, kneel down

- Set 2 - Hand between, circle out, elbow

- Set 3 - Strike and circle out, grab wrist, take down

- Bear Hug From Behind

- Set 1 - Stomp, kick, elbow, elbow, kneel and twist, leg lock,
arm and face, elbow lock

- Set 2 - Strike, grab partners leg, pull up and sit

- Advancing Straight Punch Right and Left

- Set 1 - 3/7 Outside forearm block, grab, side kick to knee

- Set 2 - 7/3 Outside forearm block, grab, round house kick

- Also 2 bonus sets

- Round House Punch

- Set 1 - Outside forearm block, shift, palm heel, front kick

- Set 2 - Outside forearm block, strike, take down

- Set 3 - Double knife hand block, back hand, knee, wind mill

- Set 4 - Block, strike, control

- Round House Club

- Set 1 - Double knife hand block, strike, take club

- Multiple Attackers

- Set 1 - One attacker on each side, side kick, back fist one,
follow up with each

Set 2 - One attacker front and back (bear hug), stamp heel kick, elbow, elbow, kneel and roll into front person, any to person in the front, follow up with each

Pressure Points

Finger under nose, press head, lift

Fingers beneath the hollow of the ears, press and lift

Fingers beneath jaw near the throat, press and lift

- Kumite Sets

Front hand low, Back hand high

Set 1 - Block back fist

Set 2 - Block round house kick, squeeze elbow to elbow

Set 3 - Switch hand blocks

Set 4 - Block back fist, block round house kick, back fist, reverse punch

Set 5 - Block back fist, block round house kick, low round, high round

Bag Work

1 minute of strikes

1 minute of kicks

1 minute of strikes and kicks

The student must show desire to become a black belt.