

GREEN BELT REQUIREMENTS

Children

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
 - Kekomi - Thrust
 - Migi - Right
 - Hidari - Left
 - Seiken oi tsuke - Straight punch advancing
 - Shuto Uke - Knife hand block
 - Mawashi geri - round kick
- Warm-up
 - Instuctor will use his/her discretion with number totals or time length of warm-up depending on age and ability.
 - 40 Jump rope or Jumping jacks
 - 25 Push-ups
 - Warm-up continued on the next page.
 - 30 V-ups

- 40 Spider push-ups
- 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

Self- Defense against a child

Double Wrist Grab

Set 1 - Clap hands, front snap kick

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

arm Set 1 - Stomp, kick, elbow, elbow, kneel and twist, leg lock,
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), stomp heel kick, elbow, elbow, kneel and roll into front person, use any technique on person in the front, follow up on 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

Self-Defense against an adult

Single Wrist Grab

Set 1 - Side kick to knee, tiger claw, front kick to groin, run and yell for help

Set 2 - Front kick to groin, tiger claw, run and yell for help

Bear Hug From Behind

Set 1 - Kick to groin, elbow, elbow, tiger claw, front kick to groin, run and yell for help

- 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.