

# GREEN BELT



## SELF-DEFENSE

**REQUIRED FOR TESTING**

**SELF-DEFENSE "B" NO. 1-3**

**WORK ON IN CLASS**

1. ALL PREVIOUS SELF-DEFENSE
2. ESCAPES FROM EMBRACING #1



## BASICS

1. 'X' STANCE, STEP BACK FIST [START RIGHT]
2. 'X' STANCE, JUMP DOUBLE DOWN BLOCK [START RIGHT]
3. FRONT STANCE, REVERSE SPEAR HAND, 'L' STANCE PULL AWAY [START RIGHT]
4. CAT STANCE [FRONT AND SIDE]



## SPORT COMBINATIONS AND DRILLS

### KICK COMBINATIONS:

1. OUTSIDE TO INSIDE CRESCENT KICK, INSIDE TO OUTSIDE CRESCENT KICK.
2. OUTSIDE TO INSIDE CRESCENT KICK, BACK SWING KICK

### SPORT COMBINATIONS:

#### OFFENSE:

1. SLIDING FAKE ROUNDHOUSE, REVERSE PUNCH, CIRCLE STEP FRONT HOOK PUNCH, FRONT LEG SIDE KICK
2. SLIDING FRONT LEG LOW-HIGH ROUNDHOUSE, SHUFFLE AXE KICK, BACK-TURNING HOOK KICK

#### DEFENSE:

1. TUCK, TURN BACKFIST, STEP, BACK LEG ROUNDHOUSE

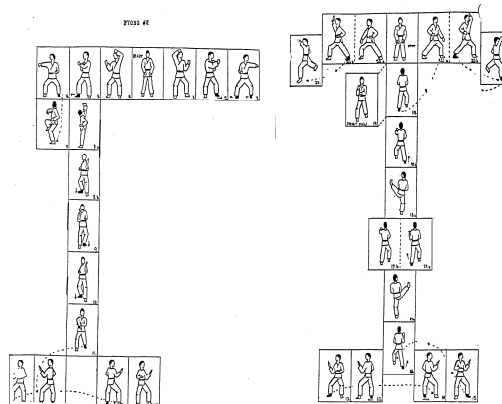
#### HAND:

1. DUCKING REAR HAND LOW HOOK PUNCH, STEP, HIGH HOOK PUNCH, CIRCLE OUT



## FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND PYONG 2



## OTHER

1. **THEORY** TIMING AND ANGLE OF ATTACK CONTROL OF RING AND OPPONENT
2. **ORAL QUESTIONS**
3. **SPARRING** FREE SPARRING, AND HAND AND KICK DRILLS WITH PADS
4. **ATTITUDE**
5. **CLASS ATTENDANCE** TIME REQUIRED IN LAST RANK [2 MONTHS]
6. **TEST FEE** \$25.00

7. **WRITTEN** HOW KARATE TRAINING HAS HELPED YOU

8. **BREAKING** [CHOOSE ONE]
- \*\* ROUNDHOUSE      \*\* AXE KICK
  - \*\* JUMP HOOK KICK    \*\* BACK KICK