

GREEN STRIPE



SELF-DEFENSE



BASICS

REQUIRED FOR TESTING

SELF-DEFENSE "B" NO. 4-7B

WORK ON IN CLASS

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



1. SLIDE "X" STANCE, DOUBLE UPSET PUNCH, STEP BACK DOWN BLOCK [START RIGHT]
2. CAT STANCE DOWN BLOCK [START LEFT]
3. REAR LEG ROUNDHOUSE, FRONT STANCE, SWALLOW NECK STRIKE [START RIGHT]
4. ZENKUTZU STANCE [START LEFT]



SPORT COMBINATIONS AND DRILLS

KICK COMBINATIONS

1. Roundhouse, Jump Butterfly Roundhouse, Back Swing Kick
2. Shuffle Ax Kick, Jump Rear Leg Roundhouse

SPORT COMBINATIONS OFFENSE

1. Front Hand Back Fist, Back Turning Back Fist [No Step], 180 Inside To Outside Crescent [Set down in Back], Front Leg Side Kick
2. Front Hand Low-High Hook Punch, 180 Hook Kick [Set Down in Back], Front Leg Roundhouse

DEFENSE

1. Jam with the Hip [Knee Up], Back Fist

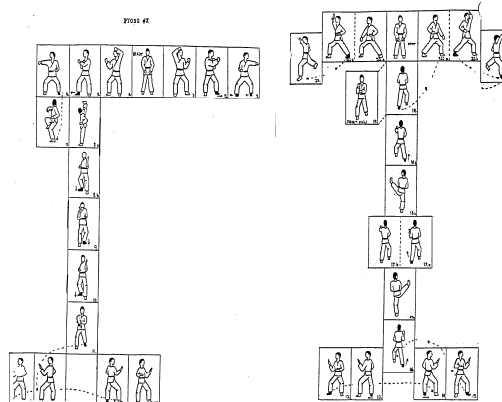
HAND

1. Reverse Punch, Step Up with Back Foot [Feet Together] Upper Cut, Step Out to Fighting Stance



FORM OR BUNKAI [APPLICATION]

ALL LOWER FORMS AND PYONG 2 BUNKAI



OTHER

1. THEORY BALANCE AND BODY POSITIONING, STANCE AND PROPER FOOT POSITION, THIRD LEG THEORY
2. ORAL QUESTIONS
3. SPARRING FREE SPARRING, AND HAND AND FOOT DRILLS WITH PADS
4. ATTITUDE
5. CLASS ATTENDANCE TIME REQUIRED IN LAST RANK [MINIMUM OF 2 MONTHS]
6. TEST FEE \$20.00

7. WRITTEN HISTORY OF STICK FIGHTING
8. BREAKING [CHOOSE ONE]
 - ** 360 KICK
 - ** FACE HIGH JUMP KICK
 - ** HAND [OVER 18 WITH PERMISSION]
 - ** FOREARM