



Green

**Green Belt – Green Stripe Belt**

**Self-Defense**

- **Punch** - perry inside → shuto chop to neck → grab shoulder and arm → two knee kicks → rotary throw → finish with a punch and kiai → fighting guard
- **Double Hand Lapel Grab** – step left foot forward → right hand palm heel strike → outer reap sweep → throw and finish with right low front kick to face and kiai → fighting guard
- **Forearm Choke from behind** – grab at the bicep and wrist with hand → shift down weight into a horse stance toward elbow → two elbow strikes (same elbow) → tiatoshi throw → finish cross-over heel kick and kiai → fighting guard

**Kata** — Wansu

*(student must have mastered all prior katas before testing)*

**Throws**

- Rotary
- Outer reap sweep
- Tiatoshi

**Basic Bo**

**4 Grips of the Bo—**

- Natural
- Reverse
- Chinese
- Baseball

**Bo Techniques —**

- Thrusts
- Sliding Jab
- Circle Block
- Regular Strike
- Twist Block
- Up, Down
- Side to Side
- Reverse Strike
- Low Block
- High Block
- Side Block

**Pad Drills** — incorporate pad drills

**Sparring**— Offensive Combinations

**Five Extra Kicks —**

- Roundhouse Kick
- Hook Kick
- Inside Outside Crescent Kick
- Outside Inside Crescent Kick
- Axe Kick