



Green Stripe

## Green Stripe Belt – Blue Belt

### **Ground Self-Defense**

- **Two Handed Choke from Mount** - slide feet up → double strike to ribs → right hand to collar → left hand open hand side block → grab back of neck and pull down → mount reversal → finish with a punch
- **One Hand Pin/Other Hand Punch** (right hand punch attack) – right hand grab collar → left hand open hand side block → pull down and mount reversal
- **Double Wrist Pin** – turn head → do snow angel → grab opponent and mount reversal

### **Kata** — Chinto

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

### **Bunkai** - from Katas

## Bo Drills

### **3 Bo Drills** —

1. 3 thrusts forward using zenkutsudachi to crane → 3 circle blocks using horse stance to crane, while stepping
2. Up, down/side, side drill → using low block, high block / side block, side block— all in zenkutsu dachi
3. Low, low/high, high drill using modified seisan stance

**Foot Drills** — once mastered begin to apply them to sparring combinations

- Shuffle
- Foot Replacement
- Cross over step, step

(up and down the floor)

**Sparring**— Defensive counters & footwork

**Kicks** — Sequence 5 kicks together in a row non-stop

**Pad Drills** — incorporate pad drills