

Green Belt Requirements - Adults

(Minimum 2 months & 20 classes)

First Purple Stripe

Hand Strikes and Kicking Basics

1. Slide Round Kick
2. Back Leg Round Kick
3. Ridge Hand

Kickboxing Techniques

1. Jab, Punch
2. Jab, Punch, Front Upper Cut, Back Upper Cut

Second Purple Stripe

Self-Defense

1. Front Choke
2. Bear Hug
3. All previous self-defense techniques

Third Purple Stripe

Blocks/Marching Basics

1. Sudo Block (back stance) – Punch (front stance)