

Green Belt Requirements - Youth

(Minimum 2 months & 20 classes)

First Purple Stripe

Hand Strikes and Kicking Basics

1. Side kick (Pick knee up, pivot on support foot toes. Lock kick out with toes down & hit with heel)
2. Round kick (Knee behind your shoulder, snap kick out and back hitting with instep like front kick)
3. Ridge Hand

Second Purple Stripe

Self-Defense

1. Front Choke
2. Bear Hug

Third Purple Stripe

Classical Basics

1. Sudo Block (back Stance)
2. Classical Punch (front stance)

Form

Genesis – “The Beginning” (full form)