

Green Belt Requirements – Adults

(Minimum 2 months & 20 classes)

First Purple Stripe

New Hand Strikes

1. Ridge Hand

Previous Hand Strikes

1. Palm Heel
2. Back Fist / Jab
3. Reverse Punch
4. Front & Back Hooks
5. Front & Back Uppercuts

New Kicking Basics

1. Slide Round Kick
2. Back Leg Round Kick

Previous Kicking Basics

1. Side Kick
2. Round Kick
3. Front Leg Front Kick
4. Back Leg Front Kick
5. Back Leg Thrust Kick
6. Back Kick

Pad Strikes

1. Thrust Kick
2. Standing Side Kick (on Bar)

New Kickboxing Techniques

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

Previous Kickboxing Techniques

1. Jab, Punch

Second Purple Stripe

New Self-Defense

1. Front Choke
2. Bear Hug

Previous Self-Defense

1. Outside Block – Palm to attackers nose
2. Lapel Grab
3. Outside & Inside Blocks
4. Front Wrist Grabs
5. Rear Wrist Grabs

Third Purple Stripe

Stances

1. Back Stance
2. Front Stance

Blocks/Marching Basics

1. Sudo Block (Back Stance) – Punch (Front Stance)

Form

Genesis – “The Beginning” (Full Form)