

Green Belt Requirements - Youth

(Minimum 2 months & 20 classes)

First Purple Stripe

New Hand Strikes

1. Ridge Hand
2. Back Fist Punch Combination

Previous Hand Strikes

1. Palm Heel
2. Back Fist
3. Punch

Previous Kicking Basics

1. Axe Kick
2. Side kick
3. Round kick
4. Front Leg Front Kick
5. Back Leg Front Kick
6. Back Leg Thrust Kick
7. Wheel Kick

Previous Pad Kicks

1. Back Leg Thrust Kick

Previous Stances

1. Back Stance
2. Front Stance
3. Fighting Stance (left & right)

Second Purple Stripe

New Self-Defense

1. Front Choke
2. Bear Hug

Previous Self-Defense

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

Third Purple Stripe

Previous Classical Basics

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

Form

Genesis – “The Beginning” (Full Form)