

GREEN BELT

NAME: _____

START DATE : _____ GRADING DATE : _____

MINIMUM 20 REGULAR CLASSES (please get signed at each class)

GREEN BELT + CLASSES

SPARRING CLASSES

 (Optional refer Note 1)

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(Note 1 – Sparring is optional, not compulsory, however highly recommended for preparation for senior belt grade tests)

Multiple Defence 4.

- Ready Stance
 1. Left inside block, right palm
 2. Right knee
 3. Pull back, Right knee – feet in ready
 4. position
 5. Right side kick
 6. Right hammer fist
 7. Left step, turn, double hammer fist
 8. Right knee
 9. Right front kick
 10. Step down, turn
 11. Left outside block
 12. Right cross
 13. Left hook
 14. Right uppercut
 15. Right knee, step down, Hold
 16. Turn to front, fighting stance
- Ready Stance

Self Defence 4.

1. Pull through from hand in face
2. Wrist take down from hand in face.
3. Simple throw (left and right, punch variations)

Ground Defence 4

1. Ground Position 1 -3
2. Defence against a choke.
3. Through the guard
4. Defence against a punch.
5. Double palm, elbow
6. Remove leg, stand and finish off.

GRADING REQUIREMENTS

- Minimum 20 classes plus 4 Green Belt + classes (sparring sign-offs optional)
- Self Defence and Multiple Defence
- Ground Defence
- **Service** - Assist prospective students at their first lesson.

