

# GREEN TIP

NAME: \_\_\_\_\_

START DATE : \_\_\_\_\_ GRADING DATE : \_\_\_\_\_

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


### Multiple Defence 3.

- Ready stance
  1. Left outside block
  2. Right uppercut
  3. Right knee, turn to rear
  4. Right middle block
  5. Right front kick
  6. Right palm
  7. Left knee, turn
  8. Left inside block
  9. Right elbow
  10. Right knee turn
  11. Left middle block
  12. Left side kick
  13. Right uppercut
  14. Right knee
- Ready stance

### Self Defence 3.

1. Wrist defence 1 and 2
2. Double wrist defence
3. Lapel defence 1 and 2 .
4. Double lapel defence

### Ground Defence 3

1. Ground Position 1 -3
2. Defence against a choke.
3. Through the guard
4. Defence against a punch/choke

### Random defence

Any self defence move from white to green tip.

### GRADING REQUIREMENTS

- Minimum 20 classes
- Self Defence and Multiple Defence
- Ground defence

