



# GREEN BELT

## BELT REQUIREMENTS

### Fundamentals

#### MANEUVERS

Pull Drag (Skip)  
Switch Step  
Jamming  
Spin

#### BLOCKS

Positional  
Jamming  
Striking  
Hooking

#### KICKS

Spinning Back  
Spinning Side  
Double Pump  
Crescent  
Pull Drag Kicks

#### STRIKES

Spinning Back Fist  
Spinning Hand Sword  
Eagle's Beak  
Half Fist

#### TAKEDOWNS/THROWS

Bajana Double Leg Takedown  
Maki Komi  
Single Leg Takedown

#### SPECIALIZED

45° Slap Fake  
Down Fake  
Up Fake  
Wrist Locks

### Self-Defense

- 1) **Clutching Feathers** - Single Hair Grab - Front
- 2) **Heavenly Ascent** - Two Hand Choke or Grab - Front
- 3) **Snapping Crane** - One Hand Shoulder Grab - Flank
- 4) **Kill the Lion** - Double Wrist Grab - Behind
- 5) **Broken Cross** - Choke / Grab - Behind
- 6) **Spiraling Twig** - Bear Hug Arms Free - Behind
- 7) **Bear Roll** - Bear Hug Arms Free - Behind
- 8) **Squeezing the Peach** - Bear Hug Arms Held - Behind
- 9) **Fatal Descent** - Full Nelson - Behind
- 10) **Guillotine Reverse** - Guillotine - Front
- 11) **Guillotine Escape** - Guillotine - Front
- 12) **Thrusting Wedge** - Two Hand Push - Front
- 13) **Whirling Dragon** - One Hand Push - Front
- 14) **Shield and Mace** - Straight Punch - Front
- 15) **Sleeper** - Straight Punch - Front
- 16) **Circling the Horizon** - Straight Punch - Front
- 17) **Catching Thunder** - High Kick - Front
- 18) **Retreating Phoenix AB** - Roundhouse Kick - Front
- 19) **Cattle Catch** - Tackle - Front
- 20) **Tackle Evasion** - Tackle - Front
- 21) **Glancing Storm** - Overhead Club Attack - Front
- 22) **Desperate Storm** - Obscure Club Attack

### Green Belt Freestyle



*Honor and integrity are brothers  
Honor and ego are not related*

