

5TH GREEN TO 4TH GREEN REQUIREMENTS

10 classes to test for RED, WHITE and BLUE stripes – 20 classes to test – (Testing Cycle: 4 Months)

1 Tournament Patch

2 Course Certificates from Green – Red

New Techniques in Red

Red Stripe Forms

Basic Form Number 5

Intermediate Form Number 3

White Stripe – 1 Steps

Past Defenses

#5 Hand and Foot Defenses

Called Off One-Step

White Stripe – Hard Grabs

Front & Rear Bear Hug Defense

2 Hand Front and Rear Choke Defense

1 Arm Rear Choke Defense

Front Hair & Rear Hair Grab Defense

Front Side & Rear Side Choke Defense

Full Nelson Defense

Ground Pin Escape

White Stripe – Soft Grabs

Single Wrist Grab Arm Bar

Side Shoulder Grab Deep Arm Bar

Double Wrist Grab Twist Lock

Side Shoulder Grab Shoulder Lock

Lapel Grab Wrist Lock Defense

Lapel Grab Shoulder Drop

Wrist Grab Trap & Wrap Defense

Crossing Wrist Grab Arm Bar Goose Neck

White Stripe – Escapes

Wrist Grab Escape

Double Wrist Grab Escape

2 Hands Grabbing 1 Escape

Lapel Grab Escape

Side Shoulder Grab Escape

Double Lapel Grab Escape

Two Hands Up High Escape

2 Hands From Behind Escape

Blue Stripe

Blocks

Low, Knife Hand, High, Inside, Outside

Kicks

Front Kick, Side Kick, Round Kick, Hook Kick,

Back Kick, Turning Heel Kick, Outside and Inside

Crescent Kicks

Jump Kicks

Offensive Jump Front

Offensive Jump Back

Offensive Jump Round

Flying Side

Jump Turning Heel

Butterfly Kick

Black Stripe

SPARRING

5 Sparring Classes

Win a 3-point match against another student your rank or higher.

Free Spar at Test

TURNING & STEPPING:

• Turning Fighting Stance

• Stepping Forward and Retreating In Fighting Stance

• Lunging, Stepping & Skipping-Up In Fighting Stance

JABS & PUNCHES:

• Standing Jab-Reverse Punch In Fighting Stance

• From Fighting Stance: Parry Blocks & Covering (Elbows Up)

Green Stripe - Fitness

10 Knuckle Push Ups

50 Crunches

40 Jumps Over Target

2 Minute in Horse Stance

Yellow Stripe – Board Breaking

1 Board Flying Side Kick

1 Board Any Hand Technique

Essay Requirements

Word Definition: Teamwork

Uniform

Green Trim w/ patches