

Green Belt Requirements



Student Development: *Perseverance*

- Long-dive front shoulder roll
- Long-dive side shoulder roll

- Low inside block
- Low outside block

- Front break fall from kneeling position
- Side break fall from kneeling position
- Back break fall from kneeling position

- Step-punch strike
- Palm strike
- Ridge strike
- Knife strike

- Front kick low-high
- Point kick low-high
- Side kick low-high
- Turning inside-thigh kick
- Low spinning knife kick
- Point kick follow through
- Knife push kick
- Turning back side kick

- Defense from inside wrist grab

- Principle of non-resistance