

## **Green Belt Syllabus**

### **Hand Techniques**

Combinations Yanju Godo (Kiba Dachi – 45°)  
Chudan Tsuki- Kote Uke  
Chudan Uchi Uke-Gedan Barai  
Morote Nukite- Double Spear Hand Strike  
Jodan Ippon Nukite- One Finger Spear Hand Strike  
Morote Haito- Double Inner Knife-Hand Strike  
Kagi Tsuki- Hook Punch  
Age Tsuki- Snap Punch

### **Kicks**

Ushiro Mawashi Geri- Back Spinning Kick  
Kakato Sakotsu Geri – Driving Heel Kick  
Combinations of kicks

### **Stances**

Kake Dachi- Hook Stance  
Tsuruashi Dachi- Crane Stance

### **Kata**

Green Belt (4<sup>th</sup> Kyu): *Pinan III and Pinan IV*  
Green Kyu (3<sup>rd</sup> Kyu): *Gekisai Dai and Yansu*

### **Self Defense**

Green Belt (4<sup>th</sup> Kyu): *Intermediate Self Defenses 1-5*  
Green Kyu (3<sup>rd</sup> Kyu): *Intermediate Self Defenses 6-9*

### **Kumite Drills**

Yakasoku Kihon Kumite Sono San

### **Requirements for Testing**

Green Belt (4<sup>th</sup> Kyu) to Green Kyu (3<sup>rd</sup> Kyu): minimum 50 classes and 6 months, 2 stripes, Test will include 8 rounds of kumite.  
Green Kyu (3<sup>rd</sup> Kyu) to Brown Belt (2<sup>nd</sup> Kyu): minimum 50 classes and 6 months, 2 stripes. Test will include 8 rounds of kumite.