



GREEN BELT

ADULTS & TEENS

STRIPE 6

2 count sinawali

STRIPE 5

Palgwe 2 (first 8 movements)

Knife hand middle block

Knife hand down block

Back stance

STRIPE 4

Cross step

Cross step roundhouse kick

Back kick

Combo: cross step round, rear leg round, cross step round, rear leg round

STRIPE 3

Blocking and countering

Controlled point sparring

STRIPE 2

Defense to same side wrist grab

Defense to cross wrist grab

Defense to 2 hand grab

Defense to double hand grab

STRIPE 1

Basic 4 kickboxing combos:

1) Jab, right roundhouse kick

2) Jab, cross, cross step roundhouse kick

3) Jab, cross, hook, right roundhouse kick

4) Jab, cross, hook, uppercut, cross step roundhouse kick

PHILOSOPHY & TERMINOLOGY

In ready position, what are we ready for?

- *Ready to take action NOW!*

What is your personal power?

- *Taking massive action now! Taking action is power!*

Why is having a positive attitude an important part of martial arts training?

- *Student's own answer*

What goals do you have for yourself through your martial arts training?

- *Set goals relating to physical, mental, and emotional development*