## **Green to Blue Belt Requirements**

<u>BLOCKS</u>	WORKBOOK #	TRAINING TOOL
1. Dropping Block	p. 37, #6	Blocker
2. Knifehand Block	p. 38, #9	Blocker
3. Reinforced Forearm Block	p. 40, #18	Blocker
4. Star Block	Rising, Dropping, & Front	Blocker
<u>STRIKES</u>	WORKBOOK #	TRAINING TOOL
Neck Knifehand Strike	p. 57, #37	Focus Pad
2. Lunge Punch	See Sensei	Large Body Shield
3. Reverse Knifehand	p. 57, #38	Focus Pad
4. Front Knifehand	p. 58, #42	Large Body Shield
<u>KICKS</u>	WORKBOOK #	TRAINING TOOL
1. Roundhouse Kick	p. 65, #10	Large Body Shield
2. Back Kick	p. 65, #11	Large Body Shield
3. Ax Kick	p. 65, #12	Large Body Shield
4. Hook Kick	p. 67, #13	Double Focus Pad
<u>STANCES</u>	WORKBOOK #	TRAINING TOOL
1. Parallel Stance	p. 28, #3	Workbook
2. Back Stance	p. 30, #11	Workbook
3. Minor Back Stance	p. 30, #12	Workbook
SELF-DEFENSE	WORKBOOK #	TRAINING TOOL
1. Shoulder Grab	Double Dropping block	Practice
2. Double Hand Grab	Rising block, Rising block	Practice
3. Front Bear Hug	Hip Switch	Practice
4. Single Hand Grab	Dropping Block on Wrist	Practice
5. Front Choke	Inside Forearm Block	Practice
6. Rear Choke	Outer Forearm Block, Spin	Practice

## **Green to Blue Belt Requirements**

<b>KATA</b>		WORKBOOK #	TRAINING TOOL
1. Taikyoku Shoo	lan	p. 91	Workbook
ONE STEPS V. P	<u>'UNCH</u>	WORKBOOK #	TRAINING TOOL
1. Left Middle Pali High Punch, Left M		See Sensei	Practice
2. Left Reinforced Right Uppercut, Left	Forearm,	See Sensei	Practice
3. Right Outer For Right Knifehand, I Right Rising Knee	Left Upset,	See Sensei	Practice
PERSONAL REQUI	REMENTS	WORKBOOK #	TRAINING TOOL
CA .		een (a)	Practice Practice Practice Practice Practice  Uniform Merit Badge Required for Blue Belt  Students are required to properly demonstrate belt tying, how to wear the uniform, and uniform folding.
Proper Sitting  Instructor's Signature	Date		
	Fitness Merit Badge Minimum Rank Requir Green  Students must be able t form the following liste below:	o pre-	gnature: Date:
<ul> <li>25 Jumping Jacks</li> <li>25 Push-Ups</li> <li>25 Sit-Ups</li> <li>15 Squat-Thrusts</li> <li>10 Different Stretching Tech</li> </ul>			
Instructor's Signature:			
monucior a arginature.	Date:		