

## **Green to Blue Belt Requirements**

### **BLOCKS**

1. Dropping Block
2. Knifehand Block
3. Reinforced Forearm Block
4. Star Block

### **WORKBOOK #**

- p. 37, #6  
p. 38, #9  
p. 40, #18  
Rising, Dropping, & Front

### **TRAINING TOOL**

- Blocker  
Blocker  
Blocker  
Blocker

### **STRIKES**

1. Neck Knifehand Strike
2. Lunge Punch
3. Reverse Knifehand
4. Front Knifehand

### **WORKBOOK #**

- p. 57, #37  
See Sensei  
p. 57, #38  
p. 58, #42

### **TRAINING TOOL**

- Focus Pad  
Large Body Shield  
Focus Pad  
Large Body Shield

### **KICKS**

1. Roundhouse Kick
2. Back Kick
3. Ax Kick
4. Hook Kick

### **WORKBOOK #**

- p. 65, #10  
p. 65, #11  
p. 65, #12  
p. 67, #13

### **TRAINING TOOL**

- Large Body Shield  
Large Body Shield  
Large Body Shield  
Double Focus Pad

### **STANCES**

1. Parallel Stance
2. Back Stance
3. Minor Back Stance

### **WORKBOOK #**

- p. 28, #3  
p. 30, #11  
p. 30, #12

### **TRAINING TOOL**

- Workbook  
Workbook  
Workbook

### **SELF-DEFENSE**

1. Shoulder Grab
2. Double Hand Grab
3. Front Bear Hug
4. Single Hand Grab
5. Front Choke
6. Rear Choke

### **WORKBOOK #**

- Double Dropping block  
Rising block, Rising block  
Hip Switch  
Dropping Block on Wrist  
Inside Forearm Block  
Outer Forearm Block, Spin

### **TRAINING TOOL**

- Practice  
Practice  
Practice  
Practice  
Practice  
Practice

