

GREEN BELT REQUIREMENTS

Rank Videos password: _____

Kids 1st Stripe:

Strikes	Immortal Man, Trigger Finger, Tiger's Mouth
Kicks	Hook, Scissor
Blocks	#1 and #2 Helping Hand Block

Kids 2nd Stripe:

Shaolin Combinations	# 6, 7, 3, 2, 5, 18, 4, 8, 9, 12, 10, 15, 11, 14
Kempo Techniques	White, Yellow, Orange, Purple, and Blue Belt Kempo
Club Techniques	Side # 1, 2 Overhead # 1, 2
Kick Defense Techniques	Deflecting Hammer
Grab Defense Techniques	Single Wrist Grab, Jacket Grab, Front Choke, Rear Choke

Kids 3rd Stripe:

Kata (Forms)	Pinan 1, Pinan 2, Kata 1, Pinan 3, Kata 2, Two Man Fist Set: North & South, Pinan 4
Kata Skills	<i>Level 1:</i> Stances, Proper Range of Motion, Targeting, Clean Chambers, Posture <i>Level 2:</i> Transitions, Timing, Sentencing