

GREEN BELT REQUIREMENTS

Green I

Defense against a right hand grab to your left shoulder

- 1. Step your left foot back to 6:00 into a right neutral bow.**
- 1. Execute a left outward block.**
- 1. Grab your assailant's right wrist with your left hand.**
- 2. Step forward into a right neutral bow.**
- 2. Pull on your assailant's arm with your left arm.**
- 2. Execute a right heel palm strike to your assailant's nose.**
- 3. Execute a left half fist strike to your assailant's face.**
- 4. Execute a right punch to the solar plexus.**

Green II

Defense against a right hand grab to your left shoulder

- 1. Step your right foot back into a left neutral bow.**
- 1. Pin your assailant's right hand to your shoulder with your right hand.**
- 1. Execute a left inward block to break your assailant's arm and bend him over.**
- 2. Shuffle forward maintaining your left neutral bow.**
- 2. Execute a left elbow strike to your assailant's ribs.**
- 3. Execute a left downward elbow strike to your assailant's head.**

Green III

Defense against a left shoulder push from behind

- 1. Step your left foot forward into a left neutral bow.**
- 2. Pivot to face 6:00 into a right neutral bow.**
- 2. Execute a left snap kick to your assailant's midsection.**

Green IV

Defense against a left shoulder push from behind

- 1. Step your right foot forward into a right neutral bow.**
- 2. Pivot to face 6:00 into a left neutral bow.**
- 2. Execute a left jumping kick to your assailant's midsection.**

Green V

Defense against a handshake and sucker punch

- 1. Pull sharply with your right hand to pull your assailant off balance.**
- 1. Execute a right knee strike to the midsection.**
- 2. Plant your right foot down behind your assailant's legs.**
- 2. Push your assailant's right shoulder with your right hand to sweep to ground.**

Green VI

Defense against a right grab to your left wrist

- 1. Step forward with your left leg into a left neutral bow.**
- 1. Counter grab your assailant's right wrist with your left hand.**
- 2. Execute a left roundhouse kick to your assailant's ribs.**
- 3. Execute a left roundhouse kick to your assailant's thigh.**

Green VII

Defense against a right grab to your left wrist

- 1. Grab your assailant's grabbing arm with your right hand.**
- 2. Peel the arm off and apply a wrist activated armbar/come along hold.**
- 3. Step forward with your left foot into a left neutral bow.**
- 3. Execute a left elbow strike to your assailant's face.**
- 4. Execute a left reverse elbow strike to your assailant's face.**

Green VIII

Defense against a right grab to your left wrist

- 1. Twist your left wrist counter clockwise to break your assailant's grasp.**
- 2. Counter grab his grabbing hand with your left.**
- 2. Execute a right knap kick to your assailant's mid section.**
- 3. Grab your assailant's head with your right hand and pull down.**
- 3. Execute a right knee lift into your assailant's face.**