

Green Belt Requirements

All White, Yellow, & Blue Belt Material

Kicks:

- Jump Double Spinning Smash
- Jump Side Thrust

Sweeps/Take Downs:

- Ippon Sai Jien + Counter
- Arm Scissors
- Leg Scissors

Weapons Defense Techniques:

- Stick = Horiz. & Vert
- Knife = Swing, Neck
- Gun = Front -Low, Middle, High
- Back -Low, Middle, High

Tan Tui: 26-30

Pressure Points:

- Spleen = SP 6
- Pericardium = PC 6
- Stomach = ST 36
- Liver = LR 3

Conditioning:

- 30 Push Ups
- 30 Bent Knee Sit Ups
- 30 Let Lifts
- 30 Squats
- 10 Cat Style Push Ups
- 10 Frog Jumps

Long Forms:

- Pei Fang Ch'i Kai Pang (Short Stick Of The Northern Beggar)
- San He (Iron Monk Form)
- Single Nunchucku
- Lohan Ch'ien (Fist Of The Enlightened One)



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