

Name: \_\_\_\_\_

## Green Belt w Stripe

<b>Finger Locks</b>	<p><b>NOTE: These locks may only be practiced on instructors</b></p> <ul style="list-style-type: none"> <li>• 6 Direction Control</li> <li>• All Finger Control</li> </ul>	<b>Throws &amp; Ground TECHNIQUES</b>	<p>All Previous Throws Plus:</p> <ul style="list-style-type: none"> <li>• Knee Drops</li> </ul> <p>Mount</p> <ul style="list-style-type: none"> <li>• Arm Pass to Kesagatame</li> </ul> <p>Guard</p> <ul style="list-style-type: none"> <li>• Scissor Sweep</li> <li>• Hip Check to Stand Up</li> </ul>
<b>Self Defense</b>	<p>High/Low Entry:</p> <ul style="list-style-type: none"> <li>• Two Hand Shoulder Push to Knee Drop</li> <li>• To Hammer Lock</li> </ul>	<b>Kicks &amp; Strikes</b>	<ul style="list-style-type: none"> <li>• Spear Hand</li> <li>• Shoulder Punch</li> </ul>
<b>Locks</b>	<p><b>NOTE: These locks may only be practiced on instructors</b></p> <ul style="list-style-type: none"> <li>• Reverse Wrist Lock</li> <li>• Vertical Wrist Lock and Reach Behind Hand</li> </ul>	<b>Arm /Shoulder Locks</b>	<p><b>NOTE: These bars may only be practiced on instructors</b></p> <ul style="list-style-type: none"> <li>• Arm Trap From Punch</li> <li>•</li> </ul>
<b>Weapon Defense</b>	<ul style="list-style-type: none"> <li>• Empty Hand 1 and 2 Stick Takeaway</li> </ul>	<b>Dynamic Demonstration</b>	<ul style="list-style-type: none"> <li>• 2 Minute Sensei Roll</li> <li>• 2 Minutes of Self Defense</li> <li>• 2 Minute of 1,2,3 Drill</li> <li>• 1 Minute of Stick Takeaways</li> </ul>
<b>Questions</b>	<ul style="list-style-type: none"> <li>• Name the element associated with each meridian</li> <li>• Who was Prof Henry Seishiro Okazaki and what were his accomplishments?</li> <li>• Explain the symbolism of the Four Corner Posts of the Dojo</li> </ul>		