

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

# Tigers Green Belt

<b>Finger Locks</b>	<p><b>NOTE: These locks may only be practiced on instructors</b></p> <ul style="list-style-type: none"> <li>• Index Finger Tip (Thumb to Knuckle)</li> <li>• 2-Finger Lock (Index Finger Fulcrum)</li> </ul>	<b>Throws &amp; Ground POSITIONS</b>	<p>All Previous Throws Plus:</p> <ul style="list-style-type: none"> <li>• Hook Foot Sweep</li> <li>• All Ground Positions Flow</li> </ul>
<b>Self Defense</b>	<p>High/Low Entry:</p> <ul style="list-style-type: none"> <li>• One Hand Shoulder Push</li> <li>• Two hand Shoulder Push</li> </ul>	<b>Kicks &amp; Strikes</b>	<p>Jump Kicks:</p> <ul style="list-style-type: none"> <li>• Front</li> <li>• Round</li> <li>• Hook</li> <li>• Side</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>• Bent Elbow Wrist Lock</li> <li>• Vertical Wrist Lock and Same Side Grab</li> </ul>	<b>Arm Bars</b>	<p><b>NOTE: These bars may only be practiced on instructors</b></p> <ul style="list-style-type: none"> <li>• Inside Wrap</li> <li>• Arm Pit</li> </ul>
<b>Weapon Defense</b>	<ul style="list-style-type: none"> <li>• Double Sinawali</li> </ul>	<b>Dynamic Demonstration</b>	<ul style="list-style-type: none"> <li>• 1 Minute Back Control</li> <li>• 1 Minute of Self Defense</li> <li>• 1 Minute of 1,2,3</li> <li>• 1 Minute of Single/Double Sinawali</li> </ul>
<b>Questions</b>	<ul style="list-style-type: none"> <li>• Which traditional Jujitsu system did Professor Jay first study?</li> <li>• Where is the Hombu (Headquarters Dojo) for SCJ?</li> <li>• Name the last six meridians</li> </ul>		