



Rank Requirements - Green Belt

BLOCKS

- SHUTO UKE - KNIFE HAND BLOCK
- HIKI UKE - GRASP PULL
- HAKE UKE - HOOK BLOCK
- FAN BLOCK
- HIGH/LOW BLOCK
- LOWER X BLOCK (OPEN HAND)
- UPPER X BLOCK (OPEN HAND)
- ELBOW BLOCK (UPWARDS, DOWNWARDS, SIDEWAYS)
- DOUBLE FOREARM BLOCK
- 8 POINT SOFT BLOCKING SYSTEM
- PRE-ARRANGED SOFT BLOCKING SYSTEM

STRIKES

- OIZUKI - LUNGE PUNCH
- URAKEN UCHI - BACK KNUCKLE
- SHUTO UCHI - KNIFE HAND
- CLOSE PUNCH (PALM UP)
- VERTICAL PUNCH
- AWASE ZUKI - U PUNCH

STANCES

- PARALLEL STANCE
- INWARD STANCE
- CRESCENT STANCE
- DINH STANCE

KICKS

- MAWASHI GERI - ROUND HOUSE
- YOKO GERI - SIDE snap KICK
- UCHIRO GERI - BACK snap KICK
- KICKING SETS

DIRECTIONAL MOVEMENTS

- 360° (from RFS to LFS)
- Slide -Hop combination

BREAK FALLING

- SIDE FALL
- BACK FALL
- FRONT FALL
- ROLL OUTS

KATAS

- TAIKYOKU-TAIKYOKU - COURSE 1, SOFT BLOCKING SYSTEM
- FUKKYU DAI SAN - PREPARATORY 3
- TENSHOA - TURNING PALM

KUMITE

- YODAN KUMITE - PREPARATORY SPARRING

WEAPONS

- NUNCHAKU HAND ROTATIONS
- NUNCHAKU BODY ROTATIONS
- NUNCHAKU FORWARD STRIKES

STAMINA

Side stretches:

- 150 with lower knife-hand block

Pushups:

- 20 knuckle
- 15 fingertips all five fingers.

Chin/Chest/Abdomen: 15

Rowing: 5

Squat kicks: 15

Jumping jacks: 100

Sit-up: 100

Sitting presses:

- Be able to raise your body off the ground.

Leg crosses

- On back: 10
- Sitting up: 10

Handstand against the wall

- Hold handstand for 5 seconds

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