



Congratulations on your new Green Belt!

You have been doing a lot of hard work and it is starting to all come together.

You will now be doing free sparring, when it is always your “turn” to attack. This will add a new dynamic to your sparring. You are required to attend four sparring classes to be eligible for your next test.

We have enclosed the material that you will be required to know for your Green II Belt Test.

If you are 12 or over, you are eligible to take the Assistant Instructors Course. This course is extra intermediate training that will help you be a better student and allow you to help out with lower belts and warm ups if you choose. While not required, it is highly suggested, even if you never want to teach class. Ask an instructor when the next class is being held and sign up at your school.

See you in class!



Green Belt Coupon

In honor of receiving your Green Belt, we would like to present this coupon for 10% off any order from Century Martial Arts. You might need a new uniform, want a pair of Nunchuka, or a Wavemaster for your home. The choice is up to you. You can order from the catalog at your school, or look online at CenturyMartialArts.com and tell us what you want.



Talon Martial Arts



Green Belt Coupon

10% off any Century Order

Limit 1 per student. Expires when you get your Blue Belt. No cash value.

Green I to Green II Class Tracker & Requirements

Classes:

*(enter the dates
you attend class)*

Sparring:

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Green II Test 2 Months/24 classes/4 Sparring
<p><u>Forms Katas</u> Palgue Form 2 Palgue Form 3 Palgue Form 4</p> <p><u>Kicks</u> Fighting Pattern 1 Fighting Pattern 2 Fighting Pattern 3 Fighting Pattern 4 Alternate Exchange Front Snap Kick Jump Roundhouse Kick Jump Sidekick Roundhouse Spin Heel Kick Outside In Crescent Jump Spin Crescent</p> <p><u>Basic Technique</u> Front Stance w/Frnt Kick W/ Punch Down Block Outside Block Center Double Punch Inside Block Outside Chop Inside Chop Double Center Block Side Punch</p> <p>Back Stance w/Punch Double Down Block Double Center Block Double Low Knife Hand Double Center Knife Hand</p> <p><u>One Steps 1-8</u></p> <p><u>Free Sparring</u> One 1 Minute Round</p>

PALGUE FORM IV

(Pal-Gwe Sa-Chang)

ACTION SINGLE CHOON BI

- | | | | |
|---|---|--|----------------|
| 1 | 1 | TURN LEFT 90°, LEFT CENTER BLOCK
RIGHT HIGH BLOCK COMBINATION | BACK STANCE |
| | 2 | LEFT HAND GRAB, RIGHT HAMMER FIST
SLIDE LEFT FOOT BACK, LEFT OUTSIDE CHOP | WALKING STANCE |
| 2 | 3 | TURN RIGHT 180°, RIGHT CENTER BLOCK
LEFT HIGH BLOCK COMBINATION | BACK STANCE |
| | 4 | RIGHT HAND GRAB, LEFT HAMMER FIST
SLIDE RIGHT FOOT BACK, RIGHT OUTSIDE CHOP | WALKING STANCE |
| 3 | 1 | TURN LEFT 90°, LEFT DOUBLE KNIFE HIGH | BACK STANCE |
| | 2 | RIGHT FRONT SNAP KICK, STEP FORWARD
LEFT MID-BLOCK, RIGHT SPEAR HAND (KIAI) | FRONT STANCE |
| | 3 | RIGHT HAND BREAK AWAY DOWN,
SPIN LEFT 360°, LEFT HAMMER BLOW | FRONT STANCE |
| | 4 | STEP FORWARD, RIGHT CENTER PUNCH (KIAI) | FRONT STANCE |
| 4 | 1 | TURN RIGHT 270°(back leg), LEFT CENTER BLOCK
RIGHT HIGH BLOCK COMBINATION | BACK STANCE |
| | 2 | LEFT HAND GRAB, RIGHT HAMMER FIST
SLIDE LEFT FOOT BACK, LEFT OUTSIDE CHOP | WALKING STANCE |
| 1 | 3 | TURN RIGHT 180°, RIGHT CENTER BLOCK
LEFT HIGH BLOCK COMBINATION | BACK STANCE |
| | 4 | RIGHT HAND GRAB, LEFT HAMMER FIST
SLIDE RIGHT FOOT BACK, RIGHT OUTSIDE CHOP | WALKING STANCE |
| 2 | 1 | TURN LEFT 90°, LEFT DOUBLE KNIFE HIGH | BACK STANCE |
| | 2 | RIGHT FRONT SNAP KICK, STEP FORWARD
LEFT MID-BLOCK, RIGHT SPEAR HAND (KIAI) | FRONT STANCE |
| | 3 | RIGHT HAND BREAK AWAY UP,
SPIN LEFT 360°, LEFT HAMMER BLOW | FRONT STANCE |
| | 4 | STEP FORWARD, RIGHT CENTER PUNCH (KIAI) | FRONT STANCE |
| 3 | 1 | TURN RIGHT 270°(back leg), LEFT DOWN BLOCK | HORSE STANCE |
| | 2 | SHIFT LEFT FOOT BACK, RIGHT REVERSE PUNCH | FRONT STANCE |
| 4 | 3 | SHIFT LEFT FOOT UP, RIGHT DOWN BLOCK | HORSE STANCE |
| | 4 | SHIFT RIGHT FOOT BACK, LEFT REVERSE PUNCH | FRONT STANCE |

CHOON BI (LEFT FOOT TO RIGHT FOOT)

ATTENTION, BOW



Test Preparation Sheet



Name: _____

To prepare for your next test, please fill out this sheet. There are three sections. Section A should be filled out as soon as you receive this sheet. Section B can be done at any time up to your test. Section C should be done some time after your test, depending on the questions (i.e. Goals as the target date passes).

Turn this sheet into your Instructor for evaluation. This will help us get to know you better, help you meet your goals, and assist you on your path to Black Belt.

Section A (Complete this section now)

- a. What is your current belt level? _____
- b. What is your next belt level? _____
- c. When is your next test target date? _____
- d. What is your Most Favorite kick? _____
- e. What is your Least Favorite kick? _____
- f. What is your Most Favorite form? _____
- g. What is your Least Favorite form? _____
- h. What is your weakest point in martial arts? _____
- i. What is your strongest point in martial arts? _____
- j. Which other student do you look up to the most?

- k. Which other student looks up to you the most?

- l. What are the goals you want to complete before your next test?
Target Date: ___/___/___ :: _____



Test Preparation Sheet



Section B (Complete this section any time before your test)

- a. Did you complete your next test goals (Question A.1)? _____
If No, then why not? _____

- b. What are the goals you want to complete in the next six months?
Target Date: ___/___/___ :: _____

- c. What are the goals you want to complete in the next year?
Target Date: ___/___/___ :: _____

- d. Who were the Instructors that you learned from since your last test?

Section C (Complete this section any time after your test)

- a. Did you complete your six month goals (Question B.b)? _____
If No, then why not? _____

- b. Did you complete your one year goals (Question B.c)? _____
If No, then why not? _____

Instructor Comments

Name: _____

300 Forms Club

Overview: The goal of the 300 Forms Club is to perform each of your testing forms 300 times each in the 2 months leading up to your test for your new belt. If you perform your forms 300 times each, for three belt levels in a row, you will have performed your forms over 1000 times (counting the practice in class). If you do anything a 1000 times, you will be much better, stronger and faster.

Rules: Forms must be done outside of class, forms in class do not count toward the 300. Present the completed form to your Instructor before testing to be recognized as a 300 Forms Club member at the Promotion Ceremony.

Rewards: You will get a 300 Forms Club Trophy at the next Promotion Ceremony, a Certificate and Your Name on the school's 300 Forms Club Plaque.

Testing Eligibility: In order to be eligible for your next test you must complete your top 3 forms 100 times each. Use the gray section to mark your progress before your next test.

Student Name: _____ **Inst Ini:** _____

Belt Level: _____

Start Date: _____ **Test Date:** _____

Form:

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Signatures

Student: _____
 Parent: _____
 Instructor: _____

By signing this form I confirm that the # of forms completed above are accurate and were completed separate from those in class.