

GREEN BELT TEST

NAME: _____ AGE: _____ DATE: _____

GRADED BY: _____ TOTAL SCORE: (_____ /860): _____ %

REQUIREMENTS FOR TESTING: 20 COMPLETED CLASS HOURS, 2 TOURNAMENTS, 1 TEEN & ADULT CAMP

WRITTEN EXAM: _____ /20 50 PUSH-UPS 50 SIT-UPS

TECHNIQUES

RIGHT SIDE

LEFT SIDE

JUMP FRONT KICK	5	10	15	20	5	10	15	20
TURNING HOOK KICK	5	10	15	20	5	10	15	20
CRESCENT KICK	5	10	15	20	5	10	15	20
REVERSE CRESCENT KICK	5	10	15	20	5	10	15	20
SPINNING BACK FIST	5	10	15	20	5	10	15	20
JAB	5	10	15	20	5	10	15	20
HOOK PUNCH	5	10	15	20	5	10	15	20
BACK FIST – SPINNING BACK FIST	5	10	15	20	5	10	15	20
HOOK KICK – DOUBLE ROUNDHOUSE	5	10	15	20	5	10	15	20
SIDE KICK – JUMP FRONT KICK	5	10	15	20	5	10	15	20
HOOK KICK – BACK RIDGE HAND	5	10	15	20	5	10	15	20
SPINNING BACK FIST – PUNCH	5	10	15	20	5	10	15	20

KATAS

H FORM #1	5	10	15	20	H FORM #3	5	10	15	20
H FORM #2	5	10	15	20	H FORM #4	5	10	15	20
TO-SAN	5	10	15	20					

SELF DEFENSE – TOOLS & TARGETS

SELF DEFENSE – GRABS

EYE ATTACK	5	10	15	20	FRONT CHOKE HOLD	5	10	15	20
SLAP / EAR ATTACK	5	10	15	20	REAR CHOKE HOLD	5	10	15	20
PALM HEEL STRIKE	5	10	15	20	SIDE HEAD LOCK	5	10	15	20
HAMMER FIST	5	10	15	20	HAYMAKER PUNCH	5	10	15	20
KNEE STRIKE	5	10	15	20	CLUB DEFENSE	5	10	15	20
FRONT KICK	5	10	15	20					
FRONT ELBOW STRIKE	5	10	15	20					
REAR ELBOW STRIKE	5	10	15	20					