



## Junior Green Belt Study Sheet

### Stances

- Back Stance
- Side Fighting Stance
- Front Fighting Stance

### Blocks

- Butterfly Blocks: (High, Low, Inside, Outside)
- Knife Hand Block

### Punches

- Hammer Fist (#1)
- Jab/Cross Combo
- Palm Strikes

### Kicking

- Back Kick
- Spinning Back Kick
- Any Previous Kick

### Self Defense Techniques

- One Self Defense move against a grab
- One SD move against a punch
- One SD move against a kick

### History/Traditions

- Name of Style
- Founder of Karate

### Break-Falls

- Back Break-fall

### Katas

- Taikyoku
- Heian Shodan