

GREEN BELT LEVEL 2 (4TH KYU)

1. DEFENSIVE SIDE KICK
2. STEP HOOK KICK
3. SLIDE HOOK KICK
4. JUMP FRONT KICK
5. JUMP ROUND KICK
6. JUMP SIDE KICK
7. OUTER CRESCENT KICK
8. 10 ELBOW STRIKES
9. CRANE STANCE
10. LOWER CATCHING BLOCK
11. SELF DEFENSE FOR BEARHUG
12. SELF DEFENSE FOR COLLAR GRABS
13. BOXING COMBINATION
14. GREEN BELT SET #2
15. GRAPPLING MOUNTED POSITIONS
 - A. FRONT MOUNT
 - B. CROSS BODY MOUNT
 - C. GUARD

Japanese Terminology:

Backfist Punch	Uraken Uchi
Forward Stance	Zenkutsu Dachi
Back Stance	Kokutsu Dachi

Kata:

Students must be able to perform the following:

H Form 1
Penan 2
H Form 3
H Form 4

Students should be working on Seisan