

# GREEN BELT LEVEL 1 (5<sup>TH</sup> KYU)

1. HOOK KICK ROUND KICK COMBO
2. HOOK KICK SIDE KICK COMBO
3. INNER CRESCENT KICK
4. SKIP FRONT KICK
5. SKIP ROUND KICK
6. CROSS BLOCK (UPPER AND LOWER)
7. KNIFEHAND STRIKE WITH PALM DOWN
8. PALM HEEL STRIKE
9. SET #1
10. DOUBLE OPEN HAND LOWER BLOCK
11. ELBOW STRIKES 1-6
12. SELF DEFENSE FOR CHOKE HOLDS
  - A. FRONT CHOKE
    1. SPEAR THE THROAT
    2. RAISE YOUR HAND AND TURN
  - B. REAR CHOKE
    1. RAISE YOUR HAND AND TURN

## KATA REQUIREMENTS:

Student must be able to perform the following:

H Form 1  
Penan 2  
H Form 3