



## **JUNIOR GREEN BELT**

### TECHNIQUES

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___ ___ 042. BEGGING HANDS	Two Hand Grab to Wrist
___ ___ 043. THRUSTING WEDGE	Two Hand Chest Push
___ ___ 044. FLASHING WINGS	Right Step Through Punch
___ ___ 045. HUGGING PENDULUM	Right Step Through Side Kick
___ ___ 046. CONQUERING SHIELD	Left Hand Stiff Arm Shirt Grab
___ ___ 047. RAKING MACE	Two Hand Shirt Grab Pulling In

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___ ___ 048. REPEATED DEVESTATION	Full Nelson
___ ___ 049. DEFYING THE STORM	Right Roundhouse Club Attack
___ ___ 050. DESTRUCTIVE TWINS	Two Hand Shirt Grab And Pull In
___ ___ 051. SNAKING TALON	Left Push, Right Cross Punch
___ ___ 052. RETREATING PENDULUM	Right Front Crossover Side Kick
___ ___ 053. SHIELD AND MACE	Right Step-Through Punch

### FORMS & SETS

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\_\_\_ \_\_\_ Universal Form Five      \_\_\_ \_\_\_ Striking Set

A green belt must be able to demonstrate their speed. Not just physically moving faster, but cutting down on the time between their moves, doing more than one move at once, etc. understanding "speed" doesn't always JUST mean moving as fast as you can.

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### **GREEN BELT MOTTO**

" I pledge a continued effort to sharpen my skills, to increase my knowledge, and broaden my horizons. I shall obligate myself under the direction of my instructor to learn the skills of a teacher, which will enable me to teach my skills in the prescribed manner outlined by Mr. Parker"