

RANK STUDY GUIDE - GREEN BELT

At Green belt you are at the beginning of the advanced ranks. Your fundamentals should be solid, and you set an example for the lower ranks. The intensity increases at this rank, so regular practice is essential. The challenge is not so much in the material, but in the experience.



KULA ONA KUPALE

BASICS:

- All Blue Belt Basics
- Footwork w/Strikes/Slips/U-Slips
- 18 Proper Pushups
- Punch angles 1-6 on Mitts
- 'Surprise' Defense
- Off / Def vs. Stick Angles 1- 5
- Knife defense vs. angles 1 and 2
- Sprawl with counter
- 2 wrist locks
- Clinch / Duck-under
- Replacing Guard from Side Control (live)
- Armbar from Guard (live)
- Placement Knife (6)
- S.D. vs jab/hook/hammer
- Knife angles 1-5 (13 and up)

TECHNIQUES:

- Evading the Lunge
- Breaking the Twig
- Basic Knifehand
- Eagle's Talons
- Four Winds
- Parting Wings
- Facing the Tiger
- Twin Tigers
- Shield and Hammer
- Breaking the Foundation

FORMS:

- Basic H-Pattern
- Shiru Kuma (White Bear)
- Kempo Jutsu Kata One - Four
- Bunkai (live context)

SPARRING:

- Participates in full speed free sparring (no head contact)
- Three beat sparring
- Escape Criteria drill
- Multiple Attacker drills