

ONE GREEN STRIPE

EIGHTH KYU



STANCES

☐ Natural stance	☐	☐	☐
Attention stance	☐	☐	☐
Rectangular stance	☐	☐	☐
Kicking stance	☐	☐	☐
Forward stance	☐	☐	☐
Cat stance	☐	☐	☐
Diagonal stance	☐	☐	☐

HAND TECHNIQUES

☐ Lunge vs. Reverse punch	☐	☐	☐
Double punch	☐	☐	☐
High/low double punch	☐	☐	☐
Vertical vs. Horizontal punch	☐	☐	☐
Inner chop	☐	☐	☐
Downward elbow strike	☐	☐	☐
Roundhouse elbow strike	☐	☐	☐
Jab	☐	☐	☐
Cross	☐	☐	☐
Hook	☐	☐	☐
Uppercut	☐	☐	☐

BLOCKING TECHNIQUES

☐ Lower block	☐	☐	☐
Inner middle block	☐	☐	☐
Rising block	☐	☐	☐
Double inner middle block	☐	☐	☐

LEG TECHNIQUES

☐ Upward knee kick	☐	☐	☐
Roundhouse knee kick	☐	☐	☐
Front snap kick	☐	☐	☐
Front thrust kick	☐	☐	☐
Low back stamping kick	☐	☐	☐

KATA AND APPLICATIONS

☐ Turns (90°, 180°, 270°)	☐	☐	☐
Kata 1 (Taikyoku) (Lower block)	☐	☐	☐
Kata 3 & 4 (3 Middle & 4 Rising block)	☐	☐	☐
Kata 2 (Inner chop, Front snap)	☐	☐	☐

BLOCKS AND PUNCHES

in rectangular stance (left, right, right, left)

☐ Lower block	☐	☐	☐
Inner middle block	☐	☐	☐
Rising block	☐	☐	☐

SELF DEFENSE

☐ Thumb escape	☐	☐	☐
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DROPPING TECHNIQUES

☐ Side drop	☐	☐	☐
Scoop throw (sukui nage)	☐	☐	☐

STAMINA AND STRENGTH

☐ Lunges: 100 diagonal chops (with chops or punches)	☐	☐	☐
Punches: 100	☐	☐	☐
Pushups: 20 palm	☐	☐	☐

PHILOSOPHY AND LEADERSHIP

☐ Three-O's Principle	☐	☐	☐
Open mind			
Open heart			
Open arms			
Five Firsts for Friendship	☐	☐	☐
Communicate			
Smile			
Care			
Share			
Forgive			
Five Steps to Health	☐	☐	☐
Think			
Eat			
Exercise			
Rest			
Perform			
Five S's for Warmups	☐	☐	☐
Safety			
Slowness			
Self-awareness			
Stretching			
Strengthening			
Five A's for Self Defense	☐	☐	☐
Awareness			
Alertness			
Avoidance			
Anticipation			
Action			
Five W's for Self Defense	☐	☐	☐
Wrong time			
Wrong place			
Wrong people			
Wrong attitude			
Wrong techniques			
Five R's for Self Defense	☐	☐	☐
Right perspective			
Right time			
Right place			
Right techniques			
Run			