

TWO GREEN STRIPES

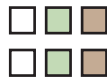
SEVENTH KYU



STANCES



Side stance
Back stance



ESCAPING TECHNIQUES



Stamping Kick



HAND TECHNIQUES



Vertical backfist strike
Horizontal backfist strike
Vertical spearhand thrust
Horizontal spearhand thrust
Outer horizontal chop



DROPPING TECHNIQUES



Forward roll
Backward roll
Floating drop (*uki otoshi*)



BLOCKING TECHNIQUES



Outer block
Knifehand block
Reinforced block
Lower x-block (*open/closed hands*)
Upper x-block (*open/closed hands*)



STAMINA AND STRENGTH



Lunges: 150
(*with outer horizontal chop*)
Pushups: 10 fingertip
Pushups: 20 palm



LEG TECHNIQUES



Stamping kicks (*Eight*)
Side thrust kick
Back thrust kick
Roundhouse kick



FOOTWORK



Shuffle (*in side stance*)
Crossover: (*in front and behind*)
Hopping



KATA AND APPLICATIONS



Kata 5: Combination kata
Kata 5 Applications
Pinan 1 (*Peaceful Mind*)
Pinan 1 Applications



BLOCKS AND PUNCHES



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

Knifehand block
Outer block



PHILOSOPHY AND LEADERSHIP



Five P's of Achievers
Perspective
Patience
Perseverance
Pride in accomplishment
Practice 'til perfect



Five D's of a Winner
Direction
Discipline
Determination
Dedication
Do 'til death



Five Think Rights
Think simpler
Think faster
Think better
Think deeper
Think wiser



Five Res's for Interrelating
Responsibility (self respect)
Respect others
Responsiveness
Resolution
Resilience



Five F's for Learning and Teaching
Fun
Friendship
Focus
Fly your spirit
Finish your goal



Five Re's of Meditation
Relaxation
Respiration
Renewal / rejuvenation
Reflection
Realization

