

GREEN BELT

SIXTH KYU



STANCES

☐ Inward stance ☐ ☐

HAND TECHNIQUES

☐ Outer diagonal chop ☐ ☐
☐ Palm heel strikes ☐ ☐
☐ Upward elbow strike ☐ ☐
☐ Backward elbow strike ☐ ☐
☐ Forward elbow strike ☐ ☐
☐ Side elbow strike ☐ ☐
☐ Back roundhouse elbow strike ☐ ☐

BLOCKING TECHNIQUES

☐ Middle low block ☐ ☐
☐ Side elbow block ☐ ☐
☐ Palm heel block ☐ ☐
☐ Double forearm block ☐ ☐
☐ Sliding block: (three levels) ☐ ☐

LEG TECHNIQUES

☐ Side snap kick ☐ ☐
☐ Crescent kick ☐ ☐
☐ Knee block ☐ ☐
☐ Shin block ☐ ☐
☐ Deflecting knee block ☐ ☐
☐ Rear leg knee charge ☐ ☐

FOOTWORK

☐ Sliding ☐ ☐

KATA AND APPLICATIONS

☐ Pinan 2 ☐ ☐
☐ Pinan 2 Applications ☐ ☐
☐ Pinan 3 ☐ ☐
☐ Pinan 3 Applications ☐ ☐

BLOCKS AND PUNCHES

☐ Elbow block ☐ ☐
☐ Middle/Low block ☐ ☐

DROPPING TECHNIQUES

☐ Forward roll into side drop ☐ ☐
☐ Big outer reap (*osoto gari*) ☐ ☐

WEAPONS

☐ Tambo - general info ☐ ☐
☐ Tambo - six blocks (*yang*) ☐ ☐
☐ Tambo - figure-8's (*yang*) ☐ ☐
☐ Tambo - 14 basic strikes (*yang*) ☐ ☐

SELF DEFENSE & SPARRING

☐ Elbow strike ☐ ☐
☐ Free sparring in class ☐ ☐

STAMINA AND STRENGTH

☐ Lunges: 150 ☐ ☐
 (with outer diagonal to low chop)
☐ Pushups: 15 fingertip ☐ ☐
☐ Pushups: 20 palm ☐ ☐

PHILOSOPHY AND LEADERSHIP

☐ Five Sources of Power ☐ ☐
 Mind
 Body
 Spirit
 Soul
 Ki
☐ Seven Martial Arts of Influence ☐ ☐
 Shotokan
 Boxing
 Judo
 Aikido
 Wing Chun
 Tai Chi Chuan
 Vovinam
☐ Five Controls for Self Defense ☐ ☐
 Control area (awareness)
 Control yourself (fear, anger)
 Control attackers (strategy)
 Control the situation
 Control consequences
☐ Five All's for Self Defense (3-D) ☐ ☐
 All angles
 All levels
 All techniques
 All situations
 All people
☐ Five Wins of a Winner ☐ ☐
 Over yourself
 Opponent's respect
 Third party's respect
 Over the situation
 People's hearts
☐ Ten Don'ts for Sparring ☐ ☐
 Angry
 Fearful
 Tense
 Hurried
 Waste energy
 Overconfident
 Distracted
 Pre-conceived ideas
 Discouraged if you lose
 Afraid of losing
☐ Code of Ethics Written test : ☐ ☐
 Given one week before test, attached to test form