

JUNIOR GREEN BELT CURRICULUM SHEET: TESTING JUNE 2022

Congratulations on earning your new rank, it is now time to continue your RISE as a martial artist. How far you go is dependent on how much you are willing to grow. As Green Belt you must learn that growth happens when you focus on your goals, believe in yourself, and practice. Your goal in class is to learn the skills required for the next belt; it takes focus and hard work! Once you have learned the following curriculum, you will earn a *"Permission to Test"* stripe.

R15E BELT TYING & RISE STORY: CHOOSE, COMMIT, GROW, FOCUS, BELIEVE, PRACTICE, ACHIEVE, CHALLENGE, COMPETE, EVALUATE, DISTINGUISH, OBSERVE, RECOGNIZE, RESPOND, INFLUENCE, COLLABORATE, INSPIRE, DEMONSTRATE, TRANSFORM

1. HO AM FORM

1	Step to left, Left High Block	Left Front Stance
2	Step together, step to right, Right High Block	Right Front Stance
3	Step together, step forward, Left Low Block	Left Front Stance
4	Step up, Twin Low Block	Standing Stance
5	#1 Right Side Kick, Right Knife Hand Strike	Sitting Stance
6	#3 Right Knife Hand Strike	Sitting Stance
7	Left Outer Forearm Block	Sitting Stance
8	Right Punch/Left Punch (CAT 2)	Sitting Stance
9	Turn to front, #2 Left Front Kick, #2 Right Punch	Left Front Stance
10	Step, #2 Left Punch	Right Front Stance
11	#1 Right Round kick, #1 Right Knife Hand Strike	Right Back Stance

2. SPARRING RULES

1. Hands nose high
2. Stay busy
3. Be an effective blocker
4. Kick and punch in combinations (*4 moves at a time*)
5. Kick and punch above the belt
6. Control contact (*try to get close*)

3. SELF DEFENSE SKILLS

Backwards Fall and Stand in Base

Front Choke Escape

Wrist Releases:

1. Single grab to one arm
2. Double grab to two arms
3. Double grab to one arm

