

GREEN BELT CURRICULUM SHEET: TESTING DEC. 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 prepare for your next belt exam; it takes focus and hard work! The following is the list of curriculum for this cycle. Students will earn a *Permission to Test* stripe when they prove that they know all curriculum.

PROPERLY TIE BELT

RISE STORY (Juniors Only): CHOOSE, COMMIT, GROW, FOCUS, BELIEVE, PRACTICE, ACHIEVE, CHALLENGE, COMPETE, EVALUATE, DISTINGUISH, OBSERVE, RECOGNIZE, RESPOND, INFLUENCE, COLLABORATE, INSPIRE, DEMONSTRATE, TRANSFORM

HO-AM FORM (stripe required for Level 1's only)

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



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*)

PAD DRILLS

- #1 Round Kick, #1 Knife Hand Strike
- #2 Front Kick, #2 Punch

