

# GREEN BELT CURRICULUM SHEET: TESTING APRIL 2024

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! You'll need to earn an orange, a blue, a red, and a black stripe in order to be eligible for testing.

**BELT TYING & RISE STORY:** "We must maintain our desire to **GROW** both personally and professionally."

## 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 BLOCKS

## 3. TOURNAMENT SPARRING

## 4. BOARD BREAKING

*One attempt at each. Must break at least 1 to pass.*

1. #3 Side Kick
2. #2 Front Kick
3. Palm Heel (on ground)
4. Elbow (on ground)

