

# **GREEN BELT**

*approximately 6-18 months*

## **MATERIAL TO KNOW:**

### **1. BASIC TERMINOLOGY, STANCES AND EIGHT BASICS (RECITE AND DEFINE)**

#### **2. ESCAPES:**

- A. Bear hug (any one of 4)
- B. Head Lock (One of two)
- C. Chicken Wing
- D. Rear Arm Grab
- E. Sweep to Mount Escape
- F. Guard Escape

#### **3. JUDO:**

- A. Front Sweep and Inside Sweep
- B. Front Hip Throw
- C. Shoulder Throw
- D. Counters:
  - 1. First Counter to Shoulder Throw

#### **4. KATA:**

- A. Kata Ichi set Ichi and Ni
- B. Tague I
- C. Pinan I
- D. Heian II

### **5. FRONT SIDE AND BACK ATTACKS**

15 From Each Direction