

Green Warrior = 44 Classes



Stances:

Forward stance moving
Saddleleg stance moving
Ready
back stance
fighting stance

Kata:

Pivot steps
Tague I

Terms:

Sensei
Dojo
Hajime
Yame
Yoight
Kia
Counting to 10 in Japanese
karate
Ghi

Mat Work:

Falling ability
Forward roll
shoulder roll
Bear Hug Escape

blocks, punches, kicks (increase in level)

****Must have earned exercise, listening, respect, stretching, falling, attention, cooperation
blocks, discipline patches**