

# Blue to Green belt requirements for testing:

## 1<sup>st</sup> Stripe:

1. \_\_\_ Must perform, “Corner to Corner”, combinations with your hand and feet with a *spin kick*.
2. \_\_\_ Must perform the following, “**JUMP SPIN KICKS**” :
  - A. Jump spin side kick
  - B. Jump spin outside crescent kick
  - C. Jump spin back kick
  - D. Jump spin hook kick

## 2<sup>nd</sup> Stripe:

1. \_\_\_ Learn and perform, “**Ronin 4**”.
2. \_\_\_ Must perform self-defense techniques against (3) attackers.
3. \_\_\_ Must perform (2) self-defense techniques with a sweep.
4. \_\_\_ Must perform (2) self-defense takedown techniques.
5. \_\_\_ Student must be willing to ask the instructor for any assistance.

## 3<sup>rd</sup> Stripe

1. \_\_\_ Learn and perform, “**NEGO NIYAN**”.
2. \_\_\_ Learn and perform, “**HEIAN YONDAN**”.
3. \_\_\_ Learn and perform, “**CHŪŌ**” (Bo section 2).
4. \_\_\_ Learn and perform, “**CHŪŌ NI MODORU**” (Bo section 3).
5. \_\_\_ Learn and perform, “**19 STRIKE ZONE**” (Arnis).
6. \_\_\_ Learn how to present yourself with your weapons.
7. \_\_\_ Know how to combine all your kata’s.

\* \_\_\_\_\_, has complete the requirements and is eligible to be tested for his/her green belt, good and practice, practice, practice!

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