

# 2nd GREEN BELT ESSENTIALS

Name \_\_\_\_\_

Date \_\_\_\_\_

<b>F P- P BLOCKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Extended outward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward block <input type="radio"/> <input type="radio"/> <input type="radio"/> Push down block <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward parry <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward parry <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical outward block  <b>F P- P STRIKES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Straight punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Vertical punch <input type="radio"/> <input type="radio"/> <input type="radio"/> Backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Hooking backfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Back hammerfist <input type="radio"/> <input type="radio"/> <input type="radio"/> Forward hammerfist	<b>F P- P KICKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Front kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Side kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Roundhouse kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Back kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Chicken kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Hook kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Rear knee  <b>F P- P STANCES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Horstance <input type="radio"/> <input type="radio"/> <input type="radio"/> Meditating horstance <input type="radio"/> <input type="radio"/> <input type="radio"/> Neutral bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Forward bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Reverse bow <input type="radio"/> <input type="radio"/> <input type="radio"/> Cat stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Front twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Rear twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> In place twist stance <input type="radio"/> <input type="radio"/> <input type="radio"/> Set Position	<b>F P- P STRIKES</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Upward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward/downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward/downward elbow <input type="radio"/> <input type="radio"/> <input type="radio"/> Two finger eye poke <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward Handsword <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward Handsword <input type="radio"/> <input type="radio"/> <input type="radio"/> Palm Strike  <b>F P- P KICKS</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Outward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Inward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Spinning hook kick <input type="radio"/> <input type="radio"/> <input type="radio"/> 360 inward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> 180 outward crescent kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Axe kick <input type="radio"/> <input type="radio"/> <input type="radio"/> Spinning back kick	<b>F P- P Uniform</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Tie belt properly <input type="radio"/> <input type="radio"/> <input type="radio"/> School Patch <input type="radio"/> <input type="radio"/> <input type="radio"/> Flag Patch <input type="radio"/> <input type="radio"/> <input type="radio"/> Town Patch  <b>F P- P KATA</b> <input type="radio"/> <input type="radio"/> <input type="radio"/> Stance Set Long <input type="radio"/> <input type="radio"/> <input type="radio"/> Punch Set <input type="radio"/> <input type="radio"/> <input type="radio"/> Block Set Long
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**F P**

- ☐ ☐ I intend to develop myself in a positive manner, and avoid anything that would reduce my mental growth or my physical health.  
☐ ☐ I intend to develop self-discipline in order to bring out the best in myself and others.  
☐ ☐ I intend to use what I learn in class constructively and defensively to help myself and my fellow man and never be abusive or offensive.  
☐ ☐ This is a Black Belt school. As a student, my goal is to achieve Black Belt!

\*Must earn a score of **118** or above to qualify to train with the Brown belts in the advanced class.

## RESULTS

- ☐ You have passed the 2nd Green Belt Essentials. You still need to meet the minimum classes and sparring classes. TIP test on your Kata and Self Defense , and break the required board in order to take the Brown Belt Exam.  
☐ You did not pass the 2nd Green Belt Essentials and must schedule a private re-test with an instructor prior to TIP Testing day.

/124

**\*\*Scoring :** There are 122 possible points. An "F"= minus 2 points, A "P-" = minus 1 point.

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