

2nd GREEN BELT ESSENTIALS Name _____

F P UNIFORM <input type="radio"/> <input type="radio"/> Tie belt properly F P- P BLOCKS <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 F P- P STRIKES <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	F P- P KICKS <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 F P- P STANCES <input type="radio"/> <input type="radio"/> <input type="radio"/> Horsestance <input type="radio"/> <input type="radio"/> <input type="radio"/> Meditating horsestance <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	F P- P STRIKES <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 F P- P KICKS <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
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*Must earn a score of **98** or above to qualify to train with the Brown belts in the advanced class.

RESULTS

☐

Pass.

☐

Re-test required.

/104

Instructor _____ Date _____

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

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