2 n	a GKEEN BELI	LESSENITALS	Name	
	P- P BLOCKS O Guard Up O Upward Block O Inward Block O Extended Outward Block O Downward Block O Chamber Block O Push Down Block O Vertical Outward Block	F P- P STRIKES O O Palm Strike O O Backfist O O Jab O O Cross Punch O O Hook Punch O O Uppercut Punch O O Inward Handsword O O Outward Handsword	F P- P STANCES O O Attention Stance O O Set Position O O Meditating Horsestance O O Ready Position O O Horsestance O O Neutral Bow O O Forward Bow O O Cat Stance O O Close Kneel O O Full Kneel	F P- P KICKS O O O Front Kick O O O Side Kick O O O Roundhouse Kick O O O Back Kick O O O Chicken Kick O O Rear Knee O O O Stomp Kick O O O Hook Kick O O O Spinning Hook Kick
*Must earn a score of 65 or above to qualify to train with the Brown belts in the Advanced class.				
		RES	SULTS	
			est required.	/70
	Instructor		Date	
**Scoring: There are 70 possible points. "P" = 2 points, "P-" = 1 point, "F" = 0 points. 2nd GREEN BELT ESSENTIALS Name				
	P- P BLOCKS O O Guard Up O Upward Block O O Inward Block O O Extended Outward Block O O Downward Block O O Chamber Block O O Push Down Block O Vertical Outward Block	F P- P STRIKES O O Palm Strike O O Backfist O O Jab O O Cross Punch O O Hook Punch O O Uppercut Punch O O Inward Handsword O O Outward Handsword	F P- P STANCES O O Attention Stance O O Set Position O O Meditating Horsestance O O Ready Position O O Horsestance O O Neutral Bow O O Forward Bow O O Cat Stance O O Close Kneel O O Full Kneel	F P- P KICKS O O O Front Kick O O O Side Kick O O O Roundhouse Kick O O O Back Kick O O O Chicken Kick O O O Rear Knee O O O Stomp Kick O O O Hook Kick O O O Spinning Hook Kick
*Must earn a score of 65 or above to qualify to train with the Brown belts in the Advanced class.				
		RES	SULTS	
		Pass. Re-to	est required.	/70
1	Instructor		Date	