

## 2nd GREEN BELT ESSENTIALS Name \_\_\_\_\_

F	P-	P	BLOCKS	F	P-	P	STRIKES	F	P-	P	STANCES	F	P-	P	KICKS
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Guard Up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Palm Strike	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Attention Stance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Front Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Upward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Backfist	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Set Position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Side Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Jab	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Meditating Horstance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Roundhouse Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extended Outward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cross Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Ready Position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Back Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Downward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hook Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Horstance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chicken Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chamber Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Uppercut Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Neutral Bow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Rear Knee
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Push Down Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward Handsword	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Forward Bow	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Stomp Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Vertical Outward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Outward Handsword	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cat Stance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hook Kick
								<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Close Kneel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Spinning Hook Kick
								<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Full Kneel				

\*Must earn a score of **65** or above to qualify to train with the Brown belts in the Advanced class.

### RESULTS

☐

Pass.

☐

Re-test required.

/70

Instructor \_\_\_\_\_ Date \_\_\_\_\_

**\*\*Scoring :** There are 70 possible points. "P" = 2 points, "P-" = 1 point, "F" = 0 points.

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<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Inward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Jab	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Meditating Horstance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Roundhouse Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Extended Outward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Cross Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Ready Position	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Back Kick
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Downward Block	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Hook Punch	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Horstance	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Chicken Kick
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								<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Close Kneel	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Spinning Hook Kick
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