



## **GREEN BELT - Gokyu**

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<b>Objective:</b>	Endurance and attitude
<b>Stances:</b>	Crane from a jump, snake, closed kneel
<b>Hand Strikes:</b>	Willow palm, Buddha palm, beak strike, hook punch, thumb strike, rising palm, eagle claw
<b>Leg Strikes:</b>	Spinning reverse crescent, jumping side thrust kick, Scissor kick
<b>Blocks:</b>	10 point blocking, dragon trap, and palm trap
<b>Combinations:</b>	#14, #15, and #16
<b>Animals:</b>	Dragon Cloud, White Leopard, and Twin Tiger SSDC Tigers: Tiger Kicks the Sand, Black Tiger Smashing Tiger
<b>Forms:</b>	3 pinan, Statue of the Crane
<b>Drills:</b>	Dragon twisting and moving around a person,
<b>Jujitsu:</b>	Arm lock against a wall, ground work: Sweeping, blocking, defence, getting up, striking and control
<b>Knife:</b>	Overhead hip throw
<b>Club:</b>	Push
<b>Takedown:</b>	Hip block
<b>Knowledge:</b>	“The Bible of Karate: Bubishi”