



## **GREEN BELT w/Brown Stripe - Yonkyu**

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<b>Objective:</b>	Precision, flow in the forms
<b>Stances:</b>	Reverse bow
<b>Hand strikes:</b>	Rising punch, bear paw, snake bite, scissor knife, eagle claw
<b>Leg strikes:</b>	Leopard kick
<b>Blocks:</b>	Trapping blocks
<b>Combinations:</b>	10,11,17,19
<b>Kempo's:</b>	SSDC: Leopard rolls in High Grass, Leopard Tackles its Prey, Leopard Climbs Down the Tree
<b>Animals:</b>	Biting Viper, Dragon Turns Away, and Leaping Leopard
<b>Forms:</b>	4 pinan, 5 pinan
<b>Drill:</b>	Blocking against multiple strikes, kata and pinan combinations, back grabs with motion
<b>Falls:</b>	Revision and combination
<b>Jujitsu:</b>	Punch elbow lock to back, ground work, lock ups
<b>Knife:</b>	Straight Ghately
<b>Club:</b>	Straight in (elbow to back)
<b>Gun:</b>	Role playing, Trigger and Trap, close range
<b>Takedown:</b>	Arm bar takedown, ankle manipulation, and leopard tackle, tiger roll
<b>Knowledge:</b>	Martial arts technique written exam, Tao Te Ching