

# Green BELT

## TESTING REQUIREMENTS GUIDE

### PUNCHES

- Jab
- High Punch
- Backfist
- Middle Punch

### SELF-DEFENSES

- Break Fall/Kick & Stand
- Front Choke
- Haymaker
- Outside Wrist Grab

### BASIC/POWER KICKS

- Defensive Front Kick
- Offensive Front Kick (Power Kick)
- Turning Round Kick (Power Kick)
- Sliding Round Kick
- Sliding Side Kick (Power Kick)

### COMBINATIONS

- Jab, high punch, hook, uppercut
- Slide up jab, stepping middle punch
- Jab, sliding round kick, high punch

### PHYSICAL FITNESS

- Push-ups

### BELT

- Demonstrate you know how to properly tie your belt