

Green Belt Test

Requires Orange Belt with four stripes and ability to tie belt properly

Knowledge: What style do we practice and who founded this philosophy?

Proper Attention: 5 minutes of focus in Kami stance

Fitness: 15 push-ups, 20 crunches, 1 minute of horse stance, 1 3-minute round on heavy bag (with focus and proper fighting stance), 50 jumping jacks

Footwork: Movements 1-6, Triangle Movement A-D, pendulum forward & back, pass forward & back (all with appropriate striking)

Punches (strong and good form on focus pads): Jab, cross, hook, uppercut, overhand, straight blast, Thai elbow

Kicks: Front kick, sidekick, oblique kick, roundhouse, crescent (inside and outside), spinning sidekick

Takedowns: Leg sweep (forward & back), single leg, dumog (rope pull), Silat sweep

Trapping: Pak da (slap hand), Lop da (grab hand), Tan da (plate hand)

Escrima: *Largo mano range, Heaven six count pattern (siniwali)*

Grappling: 10 count flow pattern and demonstrate ability to maintain dominant position; Escapes from side mount, mount and guard; Demonstrate at least 3 different locks and 3 chokes

Sparring:

Round 1: focus pads (proper fighting stance for whole round; good distance kicks and punches along with basic trapping and straight blast)

Round 2: Sparring with teacher or assigned opponent. Opponent wears boxing gloves and full leg gear and will attack only with hands as a boxer. Student must demonstrate good ability to avoid being hit while delivering strong kicks and maintaining good JKD range.

Escapes from holds

Single hand grab

Double hand grab

Grab from the back

NOTE: If you miss a stripe day while waiting to take your belt test you will receive that stripe **IF** you pass your test on the first attempt.