



Green Belt Grading Syllabus

The techniques below are a guide to what you need at this level they will be called in different combinations at the examiners discretion and will vary.

Feet positioning , weight distribution are very important from now on.REMEMBER KIAIS!!!!

Stances

Left/Right Fighting Stance	Deri Hanme Gamai
Straight Stance	Zenkutsodachi or Deri Gamai
Horse Stance	shikodachi
Stalkai	Stalkai (and gyakazuki)

Straight punch -Body & Head	Junzuki
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Reverse Punch- Body & Head	Gyakuzuki
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Back fist	Uraken
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Lunge Punch	
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Font Kick	Maegeri
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Round Kick	Mawashigeri
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Side Kick	Yoko-geri
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Hook Kick	Mawashiuchi
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Kicks with straight and reverse punch

Front kick Lunge punch	Maegeri Tobikomizuki (Fist on side)
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Step Through with kicks and punches	Surikomi
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Front kick/round kick same/side kick and opposite legs	
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Head Block	Jodan uke
Lower Block	Gedan Barai
Inner Block	Uchi Uke
Outer Block	Soto Uke

Blocks with punches including Stalkai reverse punch

Turning	Mawatte
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Pinan Nidan , Pinan Shodan & Pinan Sandan – download pdfs from site	
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Jiyu – Kumite	Sparring
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Learn combinations such as:

- (1) KETTE JUNZUKI {JODAN-CHUDAN}
- (2) KETTE GYAKUZUKI (JODAN-CHUDAN)
- (3) MAEGERI GYAKUZUKI
- (4) MAWASHIGERI GYAKUZUKI
- (5) YOKOGERI GYAKUZUKI
- (6) MAWASHIUCHI GYAKUZUKI
- (7) MAWASHIGERI SURIKOMI
- (8) MAWASHIUCHI GYAKUZUKI
- (9) MAEGERI MAWASHIGERI YOKOGER
- (10)URAKEN GYAKUZUKI

- (11)
DEFENCES AGAINST MAEGERI
MAWASHIGERI
JODANZUKI
CHUDANZUKI



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DEFENCES AGAINST MAEGERI

MAWASHIGERI

JODANZUKI

CHUDANZUKI