

Green Belt Requirements

Kicks

- _____ 1. Jump Front Snap
- _____ 2. Jump Front Thrust
- _____ 3. Jump Side Thrust Knife Edge
- _____ 4. Jump Inside Crescent
- _____ 5. Jump Front Foot Wheel
- _____ 6. Flip Kick
- _____ 7. Scoop Kick
- _____ 8. Axe Kick
- _____ 9. Chicken Kick
- _____ 10. Tornado Wheel
- _____ 11. Drop Kick
- _____ 12. Butterfly Kick
- _____ 13. Jump Spin Rear Thrust
- _____ 14. Jump Spin Side Thrust
- _____ 15. Jump Spin Crescent
- _____ 16. Jump Spin Heel Hook
- _____ 17. Flying Side Kick

Blocks

- _____ 1. Sweep Block (high and low)
- _____ 2. Smother Block
- _____ 3. Rising Block

Stances

- _____ 1. Twist Stance
- _____ 2. Chinese Hidden Foot

Basics

- _____ 1. Forward Roll
- _____ 2. Scissors – show 3
- _____ 3. Knee Locks – show 3
- _____ 4. Advanced Sweeps - 4

Techniques

- _____ 1. Snapping the Rod
- _____ 2. Turning the Key (AB)
- _____ 3. The Butterfly (AB)
- _____ 4. Whirling Warrior (ABC)
- _____ 5. Flowing Hands
- _____ 6. Whirling Blades (AB)
- _____ 7. Thrusting Limb (ABC)
- _____ 8. Crossing Hammers (ABC)
- _____ 9. Two Man Swinging Gate (AB)
- _____ 10. Sweeping Branches
- _____ 11. Knee Sweep
- _____ 12. Kung Fu Wrist
- _____ 13. Stone Warrior (AB)
- _____ 14. Praying Mantis
- _____ 15. Drums of Manchu
- _____ 16. Sowing the Seeds
- _____ 17. Flashing Wings
- _____ 18. Parting the Waves (AB)
- _____ 19. Winding Limbs (ABC)
- _____ 20. Brushing Wind
- _____ 21. Thundering Hammers
- _____ 22. Checking the Tide
- _____ 23. Crossing the Mountain
- _____ 24. Whirling Leaves (ABC)
- _____ 25. Sweeping Wings
- _____ 26. Kneeling Tiger
- _____ 27. The Lotus
- _____ 28. Attacking the Wall (AB)
- _____ 29. Seven Swords
- _____ 30. Reversing Hammers

Kata

- _____ 1. Long 3
- _____ 2. Darkroom Staff
- _____ 3. Panther Set (Optional)