



GREEN BELT SYLLABUS

1. 2nd KATA COMPLETE
2. LOIN OR HIP WHEEL INTO FIG 4 ARM LOCK
3. ESCAPE FROM HEAD CHANCERY LOCK (4)
4. COUNTERS AGAINST GARROTTING 2 (**not juniors**)
5. PIN DOWNS (STUDENTS SHOULD BE ABLE TO DEMONSTRATE AT LEAST 2)
6. BREAK GROUND STRANGLES (ADULTS 3 JUNIORS 2
7. DROPPING BODY DROP
8. SCISSORS NAKED CHOKE HOLD FROM PUNCH TO HEAD
9. SPRING HIP THROW WITH STRIKE
10. SCOOPING THROW (FRONT & REAR)
11. INDIAN DEATH LOCK FROM RIGHT LUNGE PUNCH TO FACE
12. OUTSIDE FOREARM BLOCK ELBOW TO RIBS
13. KNIFE ATTACKS 3 TO HEAD, FACE, STOMACH
14. WRIST LOCK EITHER GRAB TO GI,PUNCH,OR PUSH
15. LEG LOCK MOVE TO ARM LOCK WHILE ON THE GROUND
16. FORMS 4 1-10