

Green Belt 1st, 2nd, & 3rd Degree Curriculum

Kicks

Jump Out/In Crescent Kick

Jump Round House Kick

Jump Side Kick

Round Knee Kick

Blocks

Downward Elbow

Fore Arm

Double Low Block

Double Middle Block

Stances

Work on all given to this point

Hand Techniques

Low Block/Knife hand Middle

Middle block/Knife Hand Low

Out/In Block/Knife Hand Low

High Block/Reverse High Knife Hand

Punches Combo's

Snap Kick/Reverse punch

In/Out Crescent Kick/Reverse Punch

Out/In Crescent Kick/Reverse Punch

Round House/Reverse Punch

Kata's-(2 of your style)

Give 2 Kata's over all 3 levels

Of Green Belt 1st, 2nd, and 3rd Degrees

This should be Kata's #4 & 5

Sparring – (Contact Sparring)

Start 1.5 minute rounds with LIGHT contact

Self Defense (2 Hands on 1 Grab)

Give students 4 – 2 Hands on 1 of your choice.

Weapons – Sword

Start on a Sword Kata

Go Over one of the Awareness's

1. Stanger Danger
2. Bully Buster
3. Safety Awareness

Stepping Forward Techniques

Pick 3 total for each level. When finished with all 3 levels of Green Belt, should have 9 in all.

Go over Student Creed

Dojo Etiquette – (Bowing In/Bowing out. If late for class have students ask permission to enter the floor and bow before just walking in on class.) Add on more History and Terminology.