

GREEN BELT

(jumping jacks, push-ups, crunches, side kicks, front kicks, punches (x2), leg lifts, mountain climbers, & side kick hold)

FITNESS

35



WORD OF THE BELT: **POSITIVE SELF-DISCIPLINE**

Winning Black Belts learn to practice, mentally rehearse, and visualize the successful outcome of activities.



COMBOS



1 OFFENSIVE FRONT BACKFIST, STEP-BEHIND HOOK KICK, REVERSE PUNCH



2 SLIDE-IN SIDE KICK/SIDE KICK, REVERSE PUNCH, BACK LEG ROUND KICK, SPINNING BACKFIST, BACK RIDGEHAND



3 OFFENSIVE FRONT BACKFIST, STEP-BEHIND HOOK KICK, BACK-LEG ROUND KICK, REVERSE SIDE KICK, REVERSE PUNCH



4 OFFENSIVE FRONT PUNCH, REVERSE PUNCH, BACK-LEG FRONT KICK (LOW)/ROUND KICK (HIGH), REVERSE SIDE KICK, BACK RIDGEHAND



FORM



DO-SAN EDUCATOR AND PHILOSOPHER



SCAN ME
to see this
curriculum
on our
website!

MY GREEN BELT **GOAL**

TEST TIME!! DID YOU MEET YOUR GOAL?



Yes!



Not yet, still working on my goal!

2 MONTHS



Outer Block

Punch

Outer Block

Front Stance

Sudo Block
Back Stance

Finger Spear
Front Stance

Back Fist
Front Stance
(from 360° turn)

Back Fist
Front Stance

Outer Block

Punch

Outer Block

Punch

Front Stance

DO-SAN

"EDUCATOR AND PHILOSOPHER"

Double Outer
Block

Front Kick

Punch

Front Stance

Double Outer
Block

Front Kick

Front Stance

Upper Block
Front Stance

Upper Block
Front Stance

Upper Block
Front Stance

Chop

Horse Stance

Punch

Front Stance

Double Outer
Block

Front Kick

Front Stance

Upper Block
Front Stance

Upper Block
Front Stance

Upper Block
Front Stance

Chop

Horse Stance