

Green Belt Requirements

Kicks

- _____ 1. Jump Front Snap v12
- _____ 2. Jump Front Thrust v12
- _____ 3. Jump Side Thrust Knife Edge v12
- _____ 4. Jump Inside Crescent v12
- _____ 5. Jump Front Foot Wheel v7
- _____ 6. Flip Kick v7
- _____ 7. Scoop Kick v12
- _____ 8. Axe Kick v12
- _____ 9. Chicken Kick v12
- _____ 10. Tornado Wheel v12
- _____ 11. Drop Kick v12
- _____ 12. Butterfly Kick v12
- _____ 13. Jump Spin Rear Thrust v12
- _____ 14. Jump Spin Side Thrust v12
- _____ 15. Jump Spin Crescent v12
- _____ 16. Jump Spin Heel Hook v13
- _____ 17. Flying Side Kick v13

Blocks

- _____ 1. Sweep Block (high and low) v7
- _____ 2. Smother Block v7
- _____ 3. Rising Block v7

Stances

- _____ 1. Twist Stance v9
- _____ 2. Chinese Hidden Foot v8

Basics

- _____ 1. Forward Roll v3
- _____ 2. Scissors – show 3 v11
- _____ 3. Knee Locks – show 3 v7
- _____ 4. Advanced Sweeps - 4 v10

Techniques

- _____ 1. Snapping the Rod v1
- _____ 2. Turning the Key (AB) v1
- _____ 3. The Butterfly (AB) v1
- _____ 4. Whirling Warrior (ABC) v2
- _____ 5. Flowing Hands v2
- _____ 6. Whirling Blades (AB) v3
- _____ 7. Thrusting Limb (ABC) v3
- _____ 8. Crossing Hammers (ABC) v3
- _____ 9. Two Man Swinging Gate (AB) v4
- _____ 10. Sweeping Branches v4
- _____ 11. Knee Sweep v4
- _____ 12. Kung Fu Wrist v4
- _____ 13. Stone Warrior (AB) v5
- _____ 14. Praying Mantis v5
- _____ 15. Drums of Manchu v5
- _____ 16. Sowing the Seeds v7
- _____ 17. Flashing Wings v7
- _____ 18. Parting the Waves (AB) v7
- _____ 19. Winding Limbs (ABC) v8
- _____ 20. Brushing Wind v8
- _____ 21. Thundering Hammers v8
- _____ 22. Checking the Tide v9
- _____ 23. Crossing the Mountain v9
- _____ 24. Whirling Leaves (ABC) v9
- _____ 25. Sweeping Wings v10
- _____ 26. Kneeling Tiger v10
- _____ 27. The Lotus v10
- _____ 28. Attacking the Wall (AB) v11
- _____ 29. Seven Swords v11
- _____ 30. Reversing Hammers v11

Kata

- _____ 1. Long 3 v6
- _____ 2. Panther Set v13