

GREEN BELT SYLLABUS

4th KYU

Junior (6-8 Years)

HAND TECHNIQUES

Hiji Age - Rising Elbow

BLOCKS

Kake Uke - Hook Block

STANCES

Tsuruashi Dachi - Crane Stance

BASIC SELF DEFENSE TECHNIQUE

5, 6

KATA

Pinan II

KIHON KUMITE

1

KUMITE

Sparring

Level Patches and Promotion:

To Receive Level 1 Patch:

- 2 Months training & 20 Classes minimum since last promotion

To Receive Level 2 Patch:

- 2 Months training & 20 Classes minimum since Level 1 Patch

To Receive Level 3 Patch:

- Review all previous material
- 2 Months training & 20 Classes minimum since Level 2 Patch

After receiving your third patch, you may take the next scheduled promotion. You **must** have your Chief Instructor's signature on promotion application.

ADVANCED GREEN BELT SYLLABUS 3rd KYU

Junior (6-8 Years)

BASIC SELF DEFENSE TECHNIQUES

7, 8

KIHON KUMITE

2

YAKUSOKU KUMITE

1

KATA

Pinan III

Sanchin Kata

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