



Green Belt 3rd Grade Syllabus REQUIREMENTS

DEMONSTRATE FROM BOTH LEFT & RIGHT STANCE

- 1.) Right Cross Followed by Hook other hand then Cross again.
- 2.) Jab then Straight Cross by back hand then Cross again.
- 3.) Hook then Uppercut (rear hand) then Two Hooks.
- 4.) Uppercut then Hook (rear hand) then Hook lead hand.
- 5.) Back Leg Crescent Kick followed by Spinning Crescent the Roundhouse.
- 6.) Two Punches then Axe Kick followed by Two Punches Round Kick.
- 7.) Demonstrate Side Head Pull into Round House Knee.
- 8.) Demonstrate Three Thai-Style Round Kicks.
- 9.) Demonstrate Elbow into Back Fist followed by Spinning Crescent Kick then Two Straight Punches.
- 10.) Double Jab Straight Punch then Hook and Straight Punch,
- 11.) One Step Spinning Kick.
- 12.) Demonstrate Double Snap Back Fist into Spinning Back Fist.
- 13.) Demonstrate (high and low) Rear Elbow Strikes.
- 14.) Jab-Cross then Lead Hand Uppercut then Hook other Hand.
- 15.) Demonstrate Cross Blocks.
- 16.) Step to Side and Palm Block various Angles.
- 17.) Demonstrate Leg Checking.
- 18.) Demonstrate Knife Hand Blocks.

19.) Demonstrate Techniques on Pads.

20.) Demonstrate 1st and 2nd Grades with Improved Techniques.