

Formal Green Belt Testing Requirements Guide

Punches

- Jab
- High Punch
- Back Fist
- Middle Punch

Physical Fitness

- Push-ups
- Sit-ups
- Horse Stance

Self-Defenses

- Headlock
- Push
- Haymaker
- Break Fall

Combination Kicks

- Sliding Double Round Kick

Basic/Power Kicks

- Offensive Front Kick (Power Kick)
- Turning Round Kick (Power Kick)
- Sliding Round Kick
- Sliding Side Kick (Power Kick)

Combinations

- Jab, high punch, front kick
- Slide up jab, stepping middle punch
- Jab, sliding round kick, high punch