



Green Belt ~ Novice

Practice Makes Perfect!

DO NOT begin a new section of the curriculum until you have stripe tested.

This is how to practice in class. Practice each technique on both the left & right sides 5 times, if possible, and then your partner does his technique 5 times on both the left & right sides. Once you have covered each technique you have been taught so far then start over.

↓ FIRST STRIPE

☯ **Strikes**

- 12- Palm Heel
- 13- Palm Jab
- 14- Back Fist
- 15- Back Fist Down
- All Previous Strikes*

☯ **Kicks**

- 9- Skip Front
- 10- Inside Crescent
- 12- Outside Crescent
- All Previous Kicks*

☯ **Break Falls**

- 4- Backward Roll
- All Previous Break Falls*

☯ **Trapping Drills**

- 3- Punch, Trap, Strike
- All Previous Trapping Drills*

☯ **Terminology**

- 3-Training Hall ~ Dojang
- All Previous Terminology*

☯ **Striking Releases**

16-Front Bear Hug Arms Free ~ cup your hand then slap the attacker's ears with your cupped hands then double knife-hand to the neck.

17- Front Bear Hug Arms Trapped- Hug the attacker and keep him close, then knee to the groin. Bring your hands around his neck and pull his head down and knee to the attacker's face.

18- Same Side Wrist Grab - Raise the attacker's arm, elbow strike the ribs as you duck under his arm.

19- 2 Hands grabbed by 2 hands From Rear-Inside counter grab one hand, step forward with the opposite foot then side or back kick the attacker.

20- 2 Hands grabbed by 2 hands From Rear-Inside counter grab one hand, step forward with the opposite foot then side or back kick the attacker, release your hand then turnaround to the back of the attacker's arm you had in an inside counter grab then Live Hand Press/Wing Lock above his elbow then elbow to head, knee to head.

Defensive Tactics

The attacks below are some of the most common attacks for which these techniques are good defenses. All the attacks need to be done from both the left and right sides.

↓ **SECOND STRIPE**

☯ **CORE CONCEPT: C8 WRAP AROUND**

- 1- Middle Sleeve Grab
- 2- Shoulder Grab

☯ **CORE CONCEPT: C9 POLICE LOCK**

- 1- Cross Wrist Grab
- 2- Head Lock
- 3- Rear Bear Hug Arms Trapped
- 4- 2 Hands Grabbing 2 Middle Sleeves From Rear
- 5- 2 Hands Grabbing 2 Wrists From Rear

☯ **CORE CONCEPT: C10 FIGURE 4**

- 1- 1 Hand Choke
- 2- Cross Hand Grab
- 3- Cross Hand Grab From Rear
- 4-2 Hands Grabbing Shoulders

☯ **CORE CONCEPT: C11 GOOSENECK**

- 1- From Same Hand Grab
- 2- Arresting Technique

↓ **THIRD STRIPE**

☯ **CORE CONCEPT: C11 CENTER LOCK**

- 1- Cross Hand Grab
- 2- Front Collar (Lapel) Grab
- 3- Hostile Handshake
- 4- 2 Hands Grabbing 2 Wrists From Rear
- 5- Attacker's arm on same side shoulder
- 6- Attacker's arm around head with his wrist on opposite shoulder.
- 7- Arresting Technique
- ☼ Women ONLY-Unwanted arm on shoulder
- ☼ Women ONLY-Unwanted arm around shoulder

☯ **CORE CONCEPT: C12 HAMMER LOCK**

- 1- Same Hand Grab
- 2- Cross Hand Grab
- 3- Middle Sleeve Grab
- 4- Arresting Technique

These attacks are only a few attacks that can be defended with V-Locks. Experiment with finding other attacks you can defend using a V-Lock.

Requirements for Promotion To your next belt (1) Attend a minimum of 22 classes since last belt test (2) Be able to demonstrate your techniques at street speed (3) Be invited and pay your testing fee at least a week prior to your test so we can order and receive your belt.