

# **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

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# **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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