

GREEN BELT SYLLABUS

4th KYU

Peewee (4,5 Years)

HAND TECHNIQUES

Hiji Age - Rising Elbow

BLOCKS

Kake Uke - Hook Block

STANCES

Tsuruashi Dachi - Crane Stance

BASIC SELF DEFENSE TECHNIQUE

5, 6

KATA

Taikyoku III

Pinan II

KIHON KUMITE

1

KUMITE

Sparring

ADV. GREEN BELT SYLLABUS

3rd KYU

Peewee (4,5 Years)

BASIC SELF DEFENSE TECHNIQUES

7, 8

KIHON KUMITE

2

YAKUSOKU KUMITE

1

KATA

Pinan III

Sanchin Kata
