

# **GREEN BELT SYLLABUS**

**4th KYU**

**Youth (9-15 Years)**

## **KUMITE**

Sparring

## **BASIC SELF DEFENSE TECHNIQUES**

9, 10

## **STANCES**

Tsuruashi Dachi - Crane Stance

## **KATA**

Pinan II

## **KIHON KUMITE**

#1

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# **ADVANCED GREEN BELT SYLLABUS 3rd KYU**

**Youth (9-15 Years)**

## **INTERMEDIATE SELF DEFENSE TECHNIQUES**

1, 2

## **KIHON KUMITE**

2

## **KATA**

Pinan III

Sanchin Kata

## **YAKUSOKU KUMITE**

1

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