

Green Belt Requirements

Techniques

1. Dancing Cat
2. Gun Attack A, B
3. Slashing Claws
4. Snapping the Vines
5. Rickshaw
6. Fallen Warrior A
7. Striking the Gong
8. Wielding the Torch
9. Soaring Eagle
10. Glancing Blades
11. Rising Sun
12. Lifting the Chopsticks C
13. Breaking the Yoke A
14. Slaying the Dragon B
15. Flaming Dragon
16. Slamming Gate A, B
17. Shifting Current A
18. Key to Darkness
19. Glancing Tong
20. Jaws of the Tiger F

Kata

- Long Kata 3
- Staff Set

Basics

- Front hooking heel kick
- Rear hooking heel kick
- Double reverse crescent kick
- Flying knife-edge kick
- Three-way kick with hand combinations
- Spinning knife-edge kick
- Heel kick, heel scoop, rear kick combination
- Simultaneous scoop and groin rip, chop
- Inward block, elbow, hammer fist
- Simultaneous heel kick and back elbow
- Cat, double claws, snap kick

Supplemental Techniques

21. Circling Fans
22. Shield of Death
23. Flapping Wing F
24. Thundering Clouds
25. Jewels of Darkness
26. Flight of the Swan
27. Ox Cart C
28. Shifting Sails
29. Jaws of the Tiger C, D, E, G
30. Siamese Cat

Supplemental Basics

- Jumping snap kick
- Jumping rear kick
- Spinning hooking heel kick
- Jump spinning hooking heel kick
- Jumping snap kick, rear kick in the air

Green Belt Read-React Techniques

Attack-Defense Correspondence

Technique

Releasing the Eagle

Driving the Spike

Crashing Waves

Wings of Iron A or B

Alternate Attack

Left punch from the right side

Right hand lapel grab from the front

Right forehand club attack

Left lapel grab from the front, pulling aggressively

Right backhand club attack

Multiple-Choice Response

Group One

Lobster's Claws B or C

Crashing Waves

Clawing Hawk or Fluttering Leaves

Silk Screen C

Group Two

Tangled Wings C

Escape of the Lamb B

Revealing Vest

Group Three

Thousand Mallets

Siege of the Temple

Descending Arrow E

Group Four

The Servant

Crouching Cat

Technique Chaining

- Group Two followed by Group One (one attacker)
- Group One followed by Group Two (two attackers)
- Group Four followed by Group Two (two attackers)

Technique Preemption

Sequence One

1. Wings of Iron A
2. Crouching Cat

Sequence Two

1. Driving the Spike
2. Crouching Cat or Evading the Samurai

Green Belt Techniques

1. Dancing Cat – Right, then left punches

Tori

- Evade the right punch by stepping left into a short right bow and right extended outward block.
- Draw into a right cat with a left downward parry.
- Simultaneous right snap kick to the groin and right Kenpo key to the eye or temple.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.
- Follow with a left punch.

2. Gun Attack, A variation – Gun to chest

Tori

- Turn into a right cat as you grab the attacker's hand or gun with your left, slapping the back of the attacker's hand with the back of your right hand.
- Right elbow to the back of the gun-holding hand to knock the gun away and injure the hand.
- Maintain pressure against the wrist with your right forearm. With your right foot, step behind the attacker's right leg and take the attacker down onto their back.
- Retain the hold on the attacker's right hand with your left as you right stomp to the right shoulder, then the sternum. Finish with a right stomp to the left shoulder, then drop to a kneel stance with a right eye strike.
- Cover out with the weapon.

Uke

- Step forward with the right foot and shove the gun towards the tori's midsection. Do NOT put your finger inside the trigger guard.

Gun Attack, B variation – Gun to chest

Tori

- Step forward with the right foot, grabbing the gun with your right hand and guiding it past your body.
- While maintaining control of the attacker's hand, left four finger eye strike.
- Grab the gun with your left hand as you step away with your right and point the gun barrel back at the attacker.
- Snap kick to groin or stomach and take away the gun.
- Cover out with the weapon.

Uke

- Step forward with the right foot and shove the gun towards the tori's midsection. Do NOT put your finger inside the trigger guard.

3. Slashing Claws – Left, then right punches

Tori

- Step back with the right foot into a rear horse and right peacock's beak parry followed by a left peacock's beak parry.
- Step forward with the right foot as your right hand circles to an overhead claw ripping down the face.
- Right monkey-elbow to the solar plexus as the right palm strikes up into the chin.
- Cover out.

Uke

- From a right rear horse, shuffle forward with and take a left jab followed by a right cross.

4. Snapping the Vines – Two-handed wrist grabs from both sides

Tori

- Right hidden foot as you pull in with the right hand and push out with the left hand.
- Right snap kick to the groin of the right attacker and simultaneous right punch/elbow toward the face.
- Plant into a cross step toward the second attacker and counter-grab the wrist with your left hand.
- Break the attacker's left arm at the elbow with your right forearm as you pivot to a rear horse.
- Cover out.

Uke

- Each uke steps forward and grabs the tori's wrists with both hands.

5. Rickshaw – Arms grabbed from behind, knee in the back

Tori

- Counter grab the attacker's left wrist as you cross step with your left foot. Turn as you swing your right hand to your front and leave your left hand behind you.
- Pivot into a left rear horse facing the attacker as you swing your right arm in a sideways figure eight, freeing your arm from the attacker's grip and striking the head if possible.
- Retain your hold on the attacker's left hand with your left as you take a right elbow spike down to the spine.
- Cover out.

Uke

- Grab the tori's wrists from behind and put your right knee in middle of their back.

6. Fallen Warrior – Right hand grab

Tori

- Pin attacker's hand to your shoulder with your left hand.
- Step forward with your right leg against the outside of the attacker's right knee.
- Strike with a right inward block motion into the attacker's shoulder joint and continue the motion to take the attacker down, pivoting left into a bow stance.
- Right hand counter-grabs the attacker's right hand. Pivot to a reverse bow with a left palm strike to the elbow. Follow with a left wheel kick to the head.
- From above and inside, left hand re-grabs the attacker's wrist as you pivot to a right reverse bow and right palm strike to the elbow.
- Finish with a right scoop kick to the ribs and right stomp to the chest or abdomen.
- Cover out.

Uke

- Step forward with the right foot and grab the tori's left shoulder with your right hand.

7. Striking the Gong – Right punch

Tori

- Step forward with the left foot with a left inward block and cock the right hand in an extended outward block position.
- Right raking back knuckle across the temple or nose. Continue the motion to your left hip.
- Right back knuckle to the floating ribs, followed by a left elbow smash to the ribs.
- Finish with a shuffle and right elbow smash to the body or face.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.

8. Wielding the Torch – Left, then right punches

Tori

- Step back with the left foot into a rear horse with a right inward block. Slight left hidden foot and pivot to a square horse while smothering the right punch.
- Right speed chop to the throat.
- Step with the left foot to a rear horse in with a glancing right back knuckle across the temple.
- Shuffle forward and right elbow smash to the left temple.
- Pivot away from the attacker and drop to a kneel stance for a right hammer fist to the groin. Take a right rear kick to the body.
- Cover out.

Uke

- From a left rear horse, step forward and take a left punch to the face. Follow with a right punch.

9. Soaring Eagle – Right punch

Tori

- Step forward with the left foot and left inward block.
- Right glancing elbow into the ribs (while checking with left hand), followed by a right reverse elbow to the ribs.
- Double glancing chops to the right side of the neck (left hand check to attacker's right shoulder).
- Right palm-up chop to the bridge of the nose, throat, or temple.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.

10. Glancing Blades – Right punch

Tori

- Step forward with the right foot with a right inward block. Right glancing chop to the side of attacker's neck.
- Shift to a bow with a left palm thrust to the chin, followed by a shift back to a horse with a right hand sword to the solar plexus.
- Left hidden foot. As you pivot into a horse, left circular claw to the head, right glancing chop to neck, followed by a right speed chop up to the throat.
- Right rear kick to the body.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.

11. Rising Sun – Right punch, back against a wall

Tori

- Step to the left as you execute a simultaneous left parry to deflect the punch and right glancing key strike to the floating rib.
- Right speed chop to the ribs.
- Step with the right foot between the attacker's legs and right elbow smash to the solar plexus.
- Collapse attacker's right knee by striking with your right knee. Right scoop kick to groin.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.
- Take the weight off your right knee to protect it.

12. Lifting the Chopsticks, C variation – Downward club attack

Tori

- Step forward and to the left with your left to avoid the club and chopsticks block at the attacker's wrist with your right hand on top. Grab the attacker's right wrist with your right hand.
- Turn your right hand in the direction of the club and control it while grabbing onto the attacker's right wrist with your left hand. Your pinky fingers will be together. Swing the club clockwise, striking the attacker's right knee.
- Continue the clockwise motion controlling the attacker's arm with your left hand and the club with your right. Step forward with your right foot under the attacker's right arm, then hidden foot with your left so you end up in a left rear horse facing the attacker. Break the attacker's arm with either the club or your right forearm.
- Cover out with weapon.

Uke

- From a right rear horse, step forward and swing the club downward at the tori's head.

13. Breaking the Yoke, A variation – Shoulder grab from behind, punch

Tori

- Cross step with the left foot. Pivot right to a left rear horse facing the attacker and simultaneous left punch to the solar plexus and right vertical outward block to the attacker's left arm.
- Shuffle forward with a simultaneous right hammer fist to the groin and left vertical outward block for the punch.
- Left downward claw to face, right back knuckle to face.
- Cover out.

Uke

- With your left foot forward, grab the tori's right shoulder with your left hand and spin them around to face you.
- Take a right punch to the face.

14. Slaying the Dragon, B variation – Left punch

Tori

- Step back into a left rear horse, grabbing the attacker's left wrist with your left hand and leading it past you. Strike the attacker's left elbow with a right palm.
- Maintain control of the wrist as you strike the attacker's face with a right locking back knuckle. Grab the left shoulder with your right hand and throw the attacker past you to the ground as you pivot into a bow stance.
- Leap over the attacker and land with you heels on either side of the body. Drive your knees into their back as you strike with double palms to the back of the head.
- Grab the front of the face with both hands and pull back to snap the neck against your knees.
- Grab the back of the head with your left hand, grab the chin with your right hand, and pull up to twist/break the neck. Right chop to the side of the neck or bridge of the nose.
- Left knee to the spine. Hop across the attacker's body and right wheel kick to the face.
- Cover out.

Uke

- From a left rear horse, step forward and take a left punch to the face.
- Keep your head down and away from the kick.

15. Flaming Dragon – Left punch from the right side

Tori

- Step slightly forward and to the right with the right foot while simultaneously parrying the punch with your left hand and taking a glancing key strike to the floating rib with your right (key moving from right to left).
- Right back knuckle to the solar plexus.
- Shuffle toward the attacker with a simultaneous right elbow spike to the body and a left two-finger eye strike.
- Cover out.

Uke

- From a left rear horse, step forward and take a left punch to the face.

16. Slamming Gate, A variation – Right forehand club attack

Tori

- Step forward with the right foot into a horse with double chopping blocks to the attacker's forearm.
- Grab the attacker's right wrist with your left hand, and use your right hand to pull through and break the attacker's elbow as you step back into a right rear horse.
- Right wheel kick to the body or head.
- Grab and pull the club toward your hip with your left hand and take a right inward block to the attacker's wrist to force its release.
- Cover out with the weapon.

Uke

- From a right rear horse, step forward and swing the club horizontally at the tori's head.

Slamming Gate, B variation – Right forehand, then backhand club attacks

Tori

- Duck the first swing.
- Step forward into a right rear horse with double chopping blocks to the back of the attacker's right arm.
- Grab the attacker's right wrist with your right hand as you step in front of the attacker with your left foot. Break the attacker's elbow with your left forearm.
- Left elbow spike to the temple. Raise your arm and elbow spike to the spine.
- With your left hand controlling the club, circle your right hand under the wrist and chop/press downward to release the weapon.
- Cover out with the weapon.

Uke

- From a right rear horse, step forward and swing the club horizontally at the tori's head.
- Follow with a backhand swing to the head.

17. Shifting Current, A variation – Left, then right punches

Tori

- Step back into a right cat stance, blocking the first punch with a right inward chopping block and the second with a right extended outward chopping block.
- Grab the attacker's left shoulder or arm with your right hand and pull toward you as you simultaneously execute a right snap kick to the groin and left four-finger eye strike.
- Cover out.

Uke

- From a right rear horse, shuffle forward with and take a left jab followed by a right cross.

18. Key to Darkness – Left punch

Tori

- Step with the left foot into a right rear horse as you execute a right vertical outward block. Left palm strike to the attacker's right temple.
- Right key to the solar plexus and left four-finger eye strike.
- Cover out.

Uke

- From a left rear horse, step forward and take a left punch to the face.

19. Glancing Tong – Left punch

Tori

- Step back into a left rear horse, grabbing the attacker's wrist with your left hand and leading it past you as you take a glancing eye strike with your right hand moving from right to left.
- Right glancing back knuckle to the temple.
- Pivot to a right reverse bow and break the attacker's left elbow with a right palm strike.
- Cover out.

Uke

- From a left rear horse, step forward and take a left punch to the face.

20. Jaws of the Tiger, F variation – Right wrist grab followed by punch

Tori

- Step forward into a right rear horse and circle your right hand upward to break the grip, continuing the motion of the right circling to an inverted punch with simultaneous left upward block.
- Grab the attacker's right shoulder with your left hand and sweep the right leg with your left leg.
- Drive your right knee into the attacker's ribs or solar plexus and right Kenpo punch to the face or throat.
- Cover out.

Uke

- From a right rear horse, grab the tori's right wrist with your left hand. Step forward with the right foot and right punch to the face.

Supplemental Green Belt Techniques

21. Circling Fans – Left punch from the right side

Tori

- Step off the line of the punch with your right foot and shield block.
- Continue to a right key strike to the nerve in the attacker's left triceps.
- Shuffle in with a right elbow to the body, then right hammer fist to the groin.
- Cover out.

Uke

- From a left rear horse, step forward and take a left punch to the face.

22. Shield of Death – Right punch

Tori

- Step forward with the left foot and take a right shield block, continuing into a right glancing elbow to the floating ribs or solar plexus.
- Right back elbow spike to floating ribs.
- Right/left glancing chops to side of the neck.
- Right palm to bridge of the nose or temple.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.

23. Flapping Wing, F variation – Two-handed lapel grab

Tori

- Pin the attacker's hands to your chest with your left hand as you step back with the left foot into a rear horse. Bring your right arm up as if to do an upward block and strike the elbows from below.
- Drop your right arm and circle it to bring it down across the attacker's arms to clear them. Right speed chop to the throat.
- Shuffle forward with the right foot and right elbow smash to the temple.
- Right claw rips the groin followed by a right scoop kick and left palm to the throat or face.
- Right locking chop to the left side of the attacker's neck and right knife edge kick to the knee.
- Cover out.

Uke

- Facing the tori, step forward with your right foot and grab the upper lapels with both hands, arms bent.

24. Thundering Clouds – Shoulder grab from the right

Tori

- Pin the attacker's hand to your shoulder with your left hand. Step back slightly with your right foot as you circle your right arm clockwise around the attacker's left arm.
- Step forward with your right foot into a left rear horse and break/dislocate the attacker's elbow or shoulder with your right arm in an inverted punch position.
- Step with your left foot to face the attacker and hit the back of the attacker's head with a right reverse back knuckle.
- Simultaneous left Kenpo punch to the solar plexus and right glancing half fist to the nose.
- Cover out.

Uke

- From the tori's right side, step with left foot and grab the tori's right shoulder with your left hand.

25. Jewels of Darkness – Left punch

Tori

- Step forward with the right foot and right vertical outward block.
- Shuffle forward and right two-finger eye scoop to the left eye. Continue in a circular motion striking the throat with a ridge hand, grabbing with palm up and elbow down. Left hand simultaneously grabs the groin.
- Shuffle back into a solid horse stance and rip both the throat and the groin.
- Follow immediately with a right two-finger thrust to the eyes.
- Cover out.

Uke

- From a left rear horse, step forward and take a left punch to the face.

26. Flight of the Swan – Right punch

Tori

- Step back into a right rear horse and parry the arm past you, left hand thumb up and right hand thumb down.
- Right ridge hand to the attacker's throat or nose.
- Step forward with the right foot into a left rear horse as your right elbow circles overhead and drops into the attacker's sternum. Follow attacker down with a right claw to the face.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.

27. Ox Cart, C variation – Hammerlock with choke

Tori

- Left hidden foot and duck your head as you strike with a left elbow to the solar plexus. Grab the choking arm with your right and pull down to maintain space.
- Pivot into a square horse and strike the groin with the back of your right wrist. Right, then left glancing chops to the left side of the attacker's neck.
- Right palm to the nose, jaw, or temple.
- Cover out.

Uke

- Step forward with your left foot, grab the tori's right hand with your right and lock it behind the tori's back with your right palm facing up. Choke the tori with your left arm around their neck.

28. Shifting Sails – Right punch

Tori

- Step back with the right foot as you grab the punch at the wrist with your right hand and break the attacker's elbow with a left inward palm strike. Continue the movement of your left hand, until both hands are grabbing the attacker's wrist.
- Step back into a left rear horse and swing the attacker's arm to your left, pulling them into you.
- Circle your right arm upward and finish with an elbow to the neck or spine.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.

29. Jaws of the Tiger, C variation – Right wrist grabbed by left hand

Tori

- Take a short right step forward while circling your right hand counter-clockwise to release the grip
- Shuffle forward with simultaneous right elbow spike to the ribs or solar plexus and left four finger eye strike.
- Cover out.

Uke

- From a left rear horse, step forward and grab the right wrist with your left hand.

Jaws of the Tiger, D variation – Right wrist grabbed by left hand

Tori

- Attacker is too strong to move your hands counter-clockwise, so just snap your right hand across your body to loosen the grip.
- Step forward with the right foot and right elbow spike to the solar plexus or ribs.
- Cover out.

Uke

- From a left rear horse, step forward and grab the right wrist with your left hand.

Jaws of the Tiger, E variation – Right wrist grabbed by left hand

Tori

- Pin the attacker's wrist with your left hand, and short right step forward. Right elbow strike to the attacker's elbow.
- Follow with a right hammer fist to the groin.
- Cover out.

Uke

- From a left rear horse, step forward and grab the right wrist with your left hand.

Jaws of the Tiger, G variation – Right wrist grab followed by punch

Tori

- Step off to the left, simultaneously drop your right hand toward your body and parry the punch down with your left hand.
- Circle a right back knuckle over the top and strike to the right temple.
- Right wheel kick to the midsection or face.
- Cover out.

Uke

- From a right rear horse, grab the tori's right wrist with your left hand. Step forward with the right foot and right punch to the face.

30. Siamese Cat – Right punch

Tori

- Step back into a right rear horse and double extended outward chopping blocks.
- Simultaneous right locking lunge kick to the abdomen and right inward chopping block to the right shoulder joint.
- Right claw down the face as your right foot rakes down through the groin.
- Right monkey elbow to the solar plexus with a palm to the chin.
- Cover out.

Uke

- From a right rear horse, step forward and take a right punch to the face.