

## GREEN BELT REQUIREMENTS

<b>STANCES</b>	<b>SHUFFLE</b>			
<b>BLOCKS</b>	<b>HIGH X BLOCK</b>		<b>LOW X BLOCK</b>	
<b>PUNCHES/STRIKES</b>	<b>HOOK PUNCH</b>		<b>UPPERCUT</b>	
<b>KICKS</b>	<b>FRONT CHARGING PUSH KICK</b>	<b>JUMP SPINNING SIDEKICK</b>	<b>TORNADO KICK</b>	<b>HOOK KICK</b>
<b>STRIKE DEFENSE</b>	<i>*SEE DEFENSE SHEET</i>			
<b>GRAB DEFENSE</b>	<i>*SEE DEFENSE SHEET</i>			
<b>TAKEDOWNS</b>	<b>JUDO SWEEP</b>			
<b>GROUND ESCAPE</b>	<b>MOUNTED STRIKE</b>			
<b>WEAPON DEFENSE</b>	<b>KNIFE EVADE</b>		<b>GUN FRONT BRANDISH</b>	
<b>SPARRING</b>	<b>SPARRING WITH TAKEDOWNS</b>			
<b>FORM</b>	<b>GREEN BELT FORM</b>  <b>TAEGUEK SA JANG</b>			

*\*The information contained in this guide is confidential and proprietary to Iron Fist Martial Arts, LLC, its affiliates, and its students.*

*\*No part of this guide may be distributed or disclosed in any form to any third party without written permission of Iron Fist Martial Arts, LLC.*