

GREEN BELT SYLLABUS



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GREEN BELT

1. Leading Hand Round Punch

i This punch can be applied in two ways. Either by keeping your weight forwards as you make contact (used when in close proximity of an attacker) or by shifting your weight over onto your rear leg (used when angling away from an attacker).

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forwards.
- ✦ Keeping your hands up in the defensive guard, rotate your hips round so that your shoulders are just past square onto the attacker.
- ✦ Rotate your hips forwards whilst retaining your leading arm so that your chest has opened (Pre-stretch).
- ✦ Release your leading arm so that it accelerates towards the target ensuring that your elbow is raised so that at the point of contact, it is level with your shoulder.
- ✦ Contact is made using the first two knuckles to the side of the attackers face.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated, finally relaxing your arm back into the original defensive guard position.



2. Rear Hand Round Punch

Starting from front stance....

- ✦ Push off with the rear foot so that your heel is lifted off the ground bringing your body weight forward.
- ✦ Keeping your hands up in the defensive guard position, retain your rear arm whilst you rotate your hips forwards so that your shoulders are square onto the attacker and your chest has opened up.
- ✦ At the optimum point (Pre-stretch), release your arm and allow your fist to accelerate towards the target.
- ✦ Ensure that your elbow is raised so that at the point of contact, it is level with your shoulder.
- ✦ Contact is made using the first two knuckles to the side of the attackers face.
- ✦ Continue to accelerate through the target until all the energy of the punch has been dissipated, finally relaxing your arm back into the original defensive guard position.

GREEN BELT

3. Leading Hand Upward Elbow Strike

Starting from front stance...

- ✦ Push off with your rear foot so that the heel is lifted off the ground.
- ✦ Keeping your hands up in the defensive guard sink into your stance as you rotate your hips round so that your shoulders are just past square onto the attacker.
- ✦ Push up as you rotate your hips forwards and upwards whilst retaining your leading arm so that your chest has opened (Pre-stretch).
- ✦ Release your arm so that it accelerates upwards towards the target at the same time turn your forearm inwards so that your thumb side of your fist faces towards your shoulder to expose the elbow.
- ✦ Contact is made using the area just below the elbow joint on the outside of your forearm to the underside of the attackers jaw.
- ✦ Continue to follow through the target until all the energy of the strike has been dissipated, finally, relaxing your arm back into the original defensive guard position.



4. Rear Hand Upward Elbow Strike

Starting from front stance...

- ✦ Push off with your front foot so that the heel is lifted off the ground bring your body weight forward.
- ✦ Keeping your arms up in the defensive guard position, retain your rear elbow whilst sinking into your stance as you rotate your hips forwards and upwards so that your shoulders are square onto the attacker and your chest has opened up.
- ✦ At the optimum point (Pre-stretch), release your rear arm and allow the elbow to accelerate towards the target whilst turning your palm so that the thumb side of your fist faces towards your shoulder to expose the correct part of the elbow.
- ✦ Contact is made using the area just below the elbow joint on the outside of the forearm to the attackers solar plexus or the underside of their jaw.
- ✦ Continue to follow through the target until all the energy of the strike has been dissipated, finally, relaxing your arm back into the original defensive guard position.



GREEN BELT

5. Leading Leg Swing Kick (Instep)

Starting from side stance...

- ✦ Rotating your hips back, draw your leading leg along the ground parallel with your rear leg (keeping the distance shoulder width apart).
- ✦ Tuck your heel in close to the back of your thigh (Chamber).
- ✦ Pivot on the ball of your rear foot, push your hips forwards and towards the attacker whilst retaining your leading leg (Pre-stretch).
- ✦ At the optimum point where your hip has opened up, release your leg and allow it to accelerate towards the target.



The trajectory should be angled diagonally upwards to achieve maximum effect.

- ✦ Your rear supporting foot should now be fully pivoted so that your toes are pointing away from the attacker and your heel is lifted off the ground.
 - ✦ Contact is made using the instep of your foot to prime targets such as the shin, knee or thigh.
- It is advisable not to kick higher than waist level as it may be possible for the attacker to grab your leg, but this is down to each individuals flexibility.
- ✦ Continue to follow through the kick past the target allowing the energy of the kick to be dissipated, finally relaxing your leg back in a circular movement and controlling it back into a stable front stance.



GREEN BELT

6. Rear Leg Swing Kick (Ball of Foot)

Starting from front stance...

- ✦ Push off with your rear foot and turn into a twisting stance by pivoting on the balls of both feet whilst keeping your hands up in the defensive guard.
 - ✦ Rotate your hips forwards and round past the target (Pre-stretch) as you simultaneously tuck your rear heel in close to the back of your thigh (Chamber).
 - ✦ Pivot on the ball of your front foot to drive your hips past the attacker and lift your rear heel of the ground then release your rear leg so that it accelerates towards the target
- i** The trajectory should be angled diagonally upwards to achieve maximum effect.
- ✦ Your rear supporting foot should now be fully pivoted so that your toes are pointing away from the attacker.
 - ✦ Contact is made using the ball of the foot to attackers legs or chest.
- i** It is not advisable to kick higher than waist level but this is down to each individuals flexibility.
- ✦ Continue to follow through the kick past the target allowing the energy of the kick to be dissipated, finally relaxing your leg back in an elliptical movement and controlling it back down into a stable front stance.



1



2



3



4
(Contact)



2



4



6

GREEN BELT



8. Green Belt Pattern

Start from Ready stance...

- ✦ Step back with your Left foot to take you into Right side stance.
- ✦ High Outward Block (Open Hand) with your Right Hand (with a loud assertive yell).
- ✦ Leading Leg Side Kick (Right Leg) stepping down into right side stance.
- ✦ Leading Hand Side Fist Strike (Right Hand).
- ✦ Turn 90 degrees to the left and step back into right side stance.
- ✦ High Outward Block (Open Hand), Leading Leg Side Kick, Leading Hand Side Fist Strike.
- ✦ Turn 90 degrees to the left.
- ✦ High Outward Block (Open Hand), Leading Leg Side Kick, Leading Hand Side Fist Strike.
- ✦ Turn 90 degrees to the left (final side).



High Outward Block (Open Hand), Leading Leg Side Kick (stepping down into front stance), Leading Hand Side Fist Strike, Rear Inward Punch, Leading Inward Punch, Weave (Rear to Front), then Leading Inward Punch with an assertive yell to symbolize that you have now completed the first side.

Bring your feet together back into ready stance.

- ✦ Step back with your Right foot to take you into Left side stance.
- ✦ High Outward Block (Open Hand) with your Left Hand (with a loud assertive yell).
- ✦ Leading Leg Side Kick (Left Leg) stepping down into left side stance.
- ✦ Leading Hand Side Fist Strike (Left Hand).
- ✦ Turn 90 degrees to the right and step back into left side stance.
- ✦ High Outward Block (Open Hand), Leading Leg Side Kick, Leading Hand Side Fist Strike.
- ✦ Turn 90 degrees to the right.
- ✦ High Outward Block (Open Hand), Leading Leg Side Kick, Leading Hand Side Fist Strike.
- ✦ Turn 90 degrees to the right (final side).



High Outward Block (Open Hand), Leading Leg Side Kick (stepping down into front stance), Leading Hand Side Fist Strike, Rear Inward Punch, Leading Inward Punch, Weave (Rear to Front), then Leading Inward Punch with an assertive yell to symbolize that you have now completed the second side.

- ✦ Remain in your stance with your guard up until told by the Instructor.



GREEN BELT




A. Attack Drill: **Hand Safety Must Be Worn During This Drill**

This exercise is similar to the White Belt syllabus except that the student can now demonstrate techniques up to the Green Belt level.

Student focus should now be on fluidity and speed.


B. Defence Drills: **Hand Safety Must Be Worn During This Drill**

Defence Drill Number 3 * THIS IS A CONTACT EXERCISE *

 This is a more realistic drill that develops countering skills.

Begin in Right front stance opposite your sparring partner.

The 'Attacker' first yells to signify that they are ready, then throws out a single attack (punch or kick). The defender immediately blocks or dodges the attack and responds with no more than seven counter attacks whilst moving into or around the attacker whilst looking for openings. Meanwhile, the attacker also moves around trying to block or dodge the counter attacks.

 Note: The first counter should be controlled so that the attacker is given a chance to move away otherwise the drill becomes more of a malfunction exercise.



GREEN BELT

C. Close Range Drills: (Pictures illustrate starting point of attack only)

Close Range Attack Number 12 (Side Headlock)

If an attacker puts you into a side headlock from your left side you should...

1. Stabilise yourself by bending your knees and dropping your body weight to lower your centre of gravity.
2. Simultaneously, grab onto the back of the attackers clothing with your rear hand to stabilise yourself further.
3. Step around the attackers closest leg with your leading leg, (this should now enable you to strike at the attackers groin).
4. As soon as the attackers grip loosens, push the arm over your head.
5. Follow up with as many finishing off techniques as possible to effect your escape.
6. Alternate to practice the other side.



Close Range Attack Number 13 (Rear Choke Release)

If an attacker grabs you from behind and applies a rear choke using his right arm you should....

1. Immediately you see or feel the attackers arm drop over your head, bring your chin down onto your chest to prevent the attackers forearm from coming into contact with your throat.
2. Using both hands, grab onto the attackers forearm as close to the wrist as possible to prevent a choke hold from applied.
3. Drop your body weight then tilt slightly forwards to stabilise yourself.
4. If possible, stamp on the attackers foot or run your shoes down their shins to loosen the grip further.
5. Rotate your body inwards towards the attacker whilst keeping control of the attackers arm with your right arm. Use your left arm to elbow the attacker in the mid-section or side fist to their groin.
6. It may be possible to control and restrain the attackers arm otherwise follow up with as many finishing off techniques to make your escape.
7. Alternate for the other side.



GREEN BELT

D. Focus Mitt Sparring:

Green belt drills are to be practised with both the mitt holder and attacker moving around. Emphasis is now focussed on developing speed and reaction skills. The mitt holder can also use swings to the head and thrusts to the face to promote weaving and shifting skills.



Upward Elbow

For right upward elbow strikes, the left mitt should be held to the front of the holder who is standing facing the attacker. The mitt face should be presented to the correct height i.e. At the attackers chin level, with the mitt face parallel to the floor.



Round Punch - Leading and Rear


For right hand punches, the right mitt face should be presented vertical level with the punchers face, the middle of the mitt in line with the punchers nose. Alternate for the left hand.

-  Beginners should first practice this drill stationary, using single punches only until their wrists have grown accustomed to this punch.
-  For front defensive round punches, the mitt should be held with the middle of the mitt in line with the punchers right shoulder and closer to the puncher



Swing Kick - Leading and Rear

For right leg kicks, the right mitt should be held to the front of the holder. The mitt face should be angled slightly down towards the ground and held At the attackers waist level.

-  Adjust the height for more flexible students.



E. Shield Sparring Drills:

SHIELD DRILL NUMBER 4

Starting in front stance, the shield holder moves forwards and around the attacker who performs all the relevant techniques of their level. The introduction of speed techniques can be applied where emphasis is on reaction rather than power.



GREEN BELT GRADING REQUIREMENTS



- ▶ Green Belt Pattern
- ▶ Green Belt Combination
- ▶ Attack Drill
- ▶ Defence Drills Number 1,2 & 3
- ▶ Focus Mitt Sparring Drill Number 3
- ▶ Shield Sparring Drill Number 4
- ▶ Power Test (Leading Leg Side Kick)