



2nd Kyu – Green Belt Course

Techniques

Punches:	1. Flashing Mace 2. Thrust Into Darkness 3. Circling the Horizon	Straight Right Punch Right Punch from Rear Right Punch
Chokes:	4. Fallen Cross	Rear Two Hand Choke
Pushes:	5. Snapping Twig	Left Push
Bear Hugs:	6. Spiralling Twig 7. Tripping Arrow 8. Squeezing the Peach 9. Thrusting Prongs	Rear Bear Hug Arms Free Front Bear Hug Arms Free Rear Bear Hug Arms Pinned Front Bear Hug Arms Pinned
Grabs:	10. Gift of Destiny 11. Obscure Claws	Right Wrist Grab Flank Shoulder Grab
Weapons:	12. Calming the Storm 13. Obstructing the Storm	Roundhouse Club Overhead Club
Kicks:	14. Swinging Pendulum	Right Front Roundhouse Kick
Locks:	15. Entangled Wing 16. Captured Leaves	Figure 4 Arm Lock Side Finger Lock

Sets

Hand Set
Foot Set
Blocking Set
Elbow Set
Punch Set

Forms

Short Form One (Blocking Form) (R & L)
Form One
Form Two
Form Three
Form Four (Kick Form)

Basics

As per Basics Sheet

Sparring

Free Style Sparring Sequences A to Q

Combinations

Techniques against Right Punch using any three weapons from the hand and foot sets.