

Green Belt Requirements

Run

- 1 mile

Pushups/Situps

- 25

Stances

- Horse
- Fighting
- Forward
- Back
- X
- **Cat**

Strikes

- palm heel
- inside hammerfist
- outside hammerfist
- front elbow
- rear elbow
- back fist
- inside chop
- outside chop
- horizontal punch
- vertical punch
- sliding punch
- inside ridge hand
- outside ridge hand
- web hand
- inside eye rake
- outside eye rake
- chicken bite
- spearhand
- monkey paw
- double knuckle punch
- twin fist
- reverse punch
- upset finger strike

Blocks

- upward
- inward
- outward
- downward
- shunt

- inside chop
- outside chop
- downward deflecting
- chicken head
- snapping palm
- inside crane
- ridge hand
- side step outside chopping
- **x-pressing (x-stance)**
- **x-pressing (forward stance)**

Kicks

- front snap
- front leg spin
- front thrust
- low/high spin
- rear leg spin
- back
- turn
- side
- low/high side
- step side
- sliding side
- defensive side
- flying side
- jump front
- jump spin
- inside crescent
- outside crescent
- ax
- turning ax
- **half-turn (offensive)**
- **half-turn (defensive)**
- **heel rake**
- **turning heel rake**
- **turning spin**
- **inverted crescent**

Defenses

- Breathing Easy
- Blind Freedom
- Slap Stick
- Skyward Hammer
- Falling Star
- Wounded Knee
- Broken Wing

- Cut Throat
- Head Start
- Spinning Ram
- Center Cut
- Hand Jive
- Heart Beat
- High Jinx
- Crescent Ridge
- X-Ceeding
- **Spin Out**
- **Screwing Around**

Forms

- H-Form I
- H-Form III
- H-Form II
- H-Form IV
- **Advanced III**
- **Cho-San**