GREEN BELT 1/1

Single Kicks (18)

- Front Ball Kick ¹
- Front Heel Kick ²
- Front Thrust Kick ³
- Front Toe Kick ⁸
- Roundhouse Kick ¹¹
- Vertical Roundhouse Kick ¹³
- Side Thrust Kick (normal or hand-assist) ¹⁶
- Low Side Thrust Kick ¹⁷
- Side Snap Kick ¹⁸
- Back Kick (backward or turning) ²¹
- Shin Kick ³⁰
- Inside Crescent Kick ³⁴
- Outside Crescent Kick ³⁵
- Inside Hook Kick ⁴¹
- Rising Knee Strike ⁴⁶
- Front Knee Strike ⁴⁸
- Roundhouse Knee Strike ⁴⁹
- Side Knee Strike ⁵⁰

Single-Leg Combination Kicks (10)

- 1 R Front Toe Kick
 R Roundhouse Kick
- 2 R Front Ball Kick
 R Side Kick
- 3 R Front Toe Kick to front R Side Kick to right
- 4 R Front Kick to front R Back Kick to rear
- 5 R Inside Crescent Kick R Front Kick
- 6 R Inside Crescent Kick
 R Side Kick
- 7 R Inside Crescent Kick
 R Roundhouse Kick
- 8 R Inside Crescent Kick
 R Outside Crescent Kick
- 9 R Outside Crescent Kick
 R Roundhouse Kick
- 10 R Outside Crescent Kick R Side Kick

DEFENSE AGAINST HOLDS (57)

Knowledge of "Leading" Principles

Basic Escapes (14)

- 1 Rising Wrist Escape (straight)
- 2 Rising Wrist Escape (circular twist)
- 3 Outside Wrist Escape
- 4 Inside Wrist Escape
- 5 Descending Wrist Escape
- 6 Overhand Wrist Escape
- 7 Outside Circle Wrist Escape
- 8 Inside Circle Wrist Escape
- 9 Outside Cross-Wrist Escape
- 10 Twin Rising Wrist Escape
- 11 Knuckle Gouge Escape
- 12 Knuckle Rake Escape
- 13 Cuticle Pinch Escape
- 14 Push-Pull Finger Escape

Against Wrist Grab (25)

Opposite Wrist Grab (8)

- 1 Bent-Arm Wrist Lock ¹
- 2 Straight-Arm Wrist Lock ²
- 3 Elbow Arm Bar ³
- 4 Forearm Arm Bar ⁴
- 5 Outward Wrist Lock ⁷
- 6 Bent-Wrist Hammer Lock ¹⁰
- 7 Outside Twisting Arm Lock ¹⁵
- 8 Inside Twisting Arm Lock ¹⁶

Cross-Wrist Grab (6)

- 1 Bent-Arm Wrist Lock ¹
- 2 Forearm Arm Bar ²
- 3 Passing Forearm Arm Bar ³
- 4 Inner-Elbow Arm Bar ⁴
- 5 Outward Wrist Lock ⁵
- 6 Elevated Wrist Lock ⁶

False Handshake (4)

- 1 Outward Wrist Lock ¹
- 2 360° Outward Wrist Lock ²
- 3 Shoulder Arm Bar + Palm Lock ³
- 4 Outside Twisting Arm Lock ⁴

Double Grab to 1 Wrist (2)

- 1 Bent-Arm Wrist Lock ¹
- 2 Forearm Arm Bar ²

Double Grab to Both Wrists (5)

- 1 Low Clash + Knife Hand Strike ¹
- 2 High Clash + Rising Knee Strike ²
- 3 Side Knee Strike Throw ³
- 4 Kick Combo to Inner Knees ⁴
- 5 Elbow Strike + Leg Trap Throw 5

Against Clothing Grab (16)

Sleeve Grab (4)

- 1 Chin Strike + Outer Reap Throw ¹
- 2 Bent-Arm Wrist Lock (clamp) ³
- 3 Sword Arm Bar ⁵
- 4 Bent-Arm Wrist Lock ⁷

Collar Grab (2)

- 1 Forearm Arm Bar ⁹
- 2 Two-Hand Arm Bar ¹⁰

Lapel Grab (4)

- 1 Bent-Arm Wrist Lock (trap) ¹³
- 2 Elbow Arm Bar ¹⁵
- 3 Twist-Lift Shoulder Lock (twisted grab) ¹⁷
- 4 Wrist Shoulder Throw (twisted grab) ¹⁸

Belt Grab (4)

- 1 dn: Nerves, Thumb Lock, Back Fist ²¹
- 2 dn: Clapping Forearm Arm Bar ²²
- 3 up: Nerve Press + Thumb Lock ²⁵
- 4 up: Clapping Shoulder Lock ²⁶

 $dn = palm \ down \quad up = palm \ up$

Side Grab (2)

- 1 Forearm Wrapping Throw ²⁹
- 2 Head Hip Throw ³²

Against Chest Push (2)

One-Hand Push (2)

- 1 Side Wrist Lock + Leg Arm Bar ¹
- 2 Rotary Throw ²