

Green Belt Requirements

(Adults)

Techniques

Obscure Claws
Encounter with Danger
Circling Destruction
Detour from Doom
Squatting Sacrifice
Escape from Death
Brushing the Storm
Menacing Twirl
Leap from Danger
Circles of Protection
Circle of Doom
Broken Gift
Heavenly Ascent
Capturing the Storm
Conquering Shield
Taming the Mace
Twirling Sacrifice
Securing the Storm
Intercepting the Ram
Knee of Compulsion
Clipping the Storm
Glancing Wing
The Back Breaker

Pressure Points/Anatomy

Bones of the Hips, Legs, and Feet

Principles

Margin for Error	Eight Considerations	Dimensional Zone Concept
Tracking	Surface Concentration	Web of Knowledge
Mechanic of Motion	Angle of Deviation	Zen
Mumbling Motion	Angle of Obscurity	Yin/Yang
Unintentional Moves	Universal Pattern	Story (3 Blind Monks)
Story (Sculptor)	Combat Awareness	Salesman of Motion

Forms

Dragons Wings
Short 3

Sets

Staff Striking Sets

Jui-Jitsu

Shoulder Throw
Hip Throw
Stomach Throw

Fitness

35 Pushups
35 Sit-ups
35 Leg Lifts
35 Squats

Meditation

Cup & Saucer

“The intelligent man is one who has successfully fulfilled many accomplishments, and is yet willing to learn more” –Ed Parker

“Empty your cup so that it may be filled; become devoid to gain totality” –Bruce Lee

“Having the totality means being capable of following with what is, because what is IS constantly moving and constantly changing, and if one is anchored down to one partialized view, one will not be able to follow swift movement of what is.” –Bruce Lee

THERAPEUTIC ASSIGNMENTS/PARALLELS

Assignment- The Yin/Yang symbol represent balance and harmony. They are not in opposition to other, but are instead two parts of a whole. Bruce Lee states, “nothing can survive long going to either extreme, but it pure yin or pure yang.” One must embrace and cultivate both sides to achieve a higher level of harmony, balance, and peace. Complete the assignment on this topic to be turned in before or at your next belt test.

Assignment- Zen is not an intellectual discipline you can learn from books. Instead, it's a practice of studying mind and seeing into one's nature. Ultimately, Zen is about coming face-to-face with yourself, in a very direct and intimate way. This assignment will come in multiple parts. This is the first part, or step. Your assignment is to write or type at least a 2-3 page research paper on Zen. Include some history on Zen, key figures, language that may associated with Zen, practices, teachings, modern influence, etc. This assignment can be turned in before or at your next belt test.

***(Start this one early so you can get some feedback on your paper from others. I do expect it to be legible, with correct grammar, and spelling).*

