

# Green Belt Requirements

## TECHNIQUES

Conquering Shield (*left hand grab on right lapel*)  
Taming the Mace (*right hand punch against a wall*)  
Knee of Compulsion (*left hand step through punch*)  
Broken Ram (*front charge with arms wide*)  
Glancing Wings (*left hand uppercut*)  
Leap from Danger (*strong rear 2 hand push*)

## JUI-JITSU

Shoulder Throw (*right hand step-through punch*)  
Hip Throw (*right hand step-through punch*)  
Stomach Throw (*front 2-hand grab*)

## TERMS AND PRINCIPLES

Mechanic of Motion  
Ideal Phase  
What-if Phase  
Mumbling Motion  
Analogy of Solid/Liquid Gas  
Analogy of Print/Script/Shorthand  
Formulation Phase  
Spontaneous Phase  
Yin/Yang  
Story (3 Blind Monks)

## SAYINGS

*"The ears are the eyes of darkness." –Ed Parker*

*"The great mistake is to anticipate the outcome of the engagement; you ought not to be thinking of whether it ends in victory or defeat. Let nature take its course, and your tools will strike at the right moment." –Bruce Lee*

*"Having the totality means 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.

## FORMS

Dragons Wings

## BLOCKS

with Staff

## SETS/DRILLS

all Staff Drills

## ANATOMY

Bones of the Hips and Legs

## FITNESS (Daily)

25 Push-ups

30 Sit-ups

25 Squats

Assignment- The four phases of the analytic process of dissecting a technique are (1) Ideal Phase, (2) What-if Phase, (3) Formulation Phase, and (4) Spontaneous Stage. One moves from a fixed technique, to adjusting to unexpected changes or reactions when employing the technique, applying those adjustments to a newly found alternative, and finally the ability to react or respond effectively to any situation. This is much the way one solves problems in life, growing from a fixed formulation to a more natural, unrestrained response. Complete the assignment on this topic to be turned in before or at your next belt test.

Assignment- Bruce Lee states, “*Let nature take its course, and your tools will strike at the right moment.*” Complete the assignment on this topic to be turned in before or at your next belt test.

