

JUNIOR GREEN 2 BELT

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 30 classes)					JUNIOR GREEN 2 BELT REQUIREMENTS									
1	2	3	4	5	<p>A) UKE WAZA Ude Uke - Forearm/Bone Block Morote uke-Augmented block Shotei uke-Palm heel block</p> <p>B) TE WAZA Shuto Kunren-Shuto drill Haito Uchi - ridgehand strike</p> <p>C) KERI WAZA Yoko Geri Must demonstrate A) proper knee position; B) Correct striking surface with the blade of the foot; C) Four steps (up, out, back, down); D) Speed, snap, balance, flexibility E) Rotation of the upper body and the hips</p> <p>C) KATA Naihanchi Shodan</p> <p>D) KUMITE Ashi Barai Iri kumi no kamaete-Okinawa kumite kamae Jiyu kumite no kamaete-free style/sport kumite kamae Free sparring with an opponent</p> <p>F) OYO/SELF-DEFENSE Single wrist grab Double wrist grab</p>									
6	7	8	9	10										
11	12	13	14	15										
16	17	18	19	20										
21	22	23	24	25										
26	27	28	29	30										
31	32	33	34	35										
36	37	38	39	40										
Dues														
Reikishi to Kotoba(history/terminology)														
Name our lineage starting backwards from Hanshi Gibu														