

GREEN BELT 2

Name _____ Age _____ DOB ____/____/____

Telephone# _____ Last Promotion _____

Attendance (min. 30 classes)					GREEN BELT 2 REQUIREMENTS									
1	2	3	4	5	A) UKE WAZA Ude Uke - Forearm/Bone Block Morote uke-Augmented block Shotei uke-Palm heel block B) TE WAZA Shuto Kunren-Shuto drill Haito Uchi - ridgehand strike Tora te-open hand strike C) KERI WAZA Ushiro Geri-Back kick Kosa yoko geri-Step behind side kick Tobiageru yoko geri-Skipping side kick D) KATA Pinan Shodan, Naihanchi Sandan E) KUMITE Ashi Barai Iri kumi no kamaete-Okinawa kumite kamae Jiyu kumite no kamaete-free style/sport kumite kamae Free sparring with an opponent F) OYO/SELF-DEFENSE Single wrist grab Double wrist grab									
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														