

GREEN BELT TEST

Preventive Defense Kata

Student Creed and Defense and Counter Kata 1 In Air (to Tackle)

Defense and Counter Techniques: One time each side.

Push Defense
Double-Wrist Grab
Hammerlock
Strangle Hold
Tackle 1-2-3-4
Parting the Reeds
Bearhug 1 -2
Crossing Talon
Silk Wind

Defense and Counter Kata 1 Live:

Defensive Timing and Countering Techniques:

Side Kick
Crossing Side Kick 1-2
Sweep 1-2-3
Spinning Kick 1-2
Reverse Punch
Wheel Kick
Roundhouse Kick 1
Wheel Kick to Head
Roundhouse Kick 2
Front Hand Strike 1-2-3

Combinations and Defenses (In Air)

Push Wheel Kick, Jab
Roundhouse, Jab
Sweep, Jab

Fighting Basics:

Pressure Technique
Zig Zag Footwork
Fake Roundhouse, Jab
In and Out 1-2-3-4
Knee Up and Cover 1-2-3

Basics: Two times each side.

Crossing Side Kick
Crossing Rear Kick
Spinning Side Kick
Switch Side Kick
Switch Wheel Kick
Switch Roundhouse Kick
Inside Axe Kick
Outside Axe Kick
Inside Crescent Kick
Outside Crescent Kick
Outside Axe – Front leg
Jump Outside Axe – Front leg
Shuffle Jab, Jump Outside Axe – Front leg
Hook Kick
Jump Hook Kick
Shuffle Jab, Jump Hook Kick
Side Falls with Drop Side Kick and Ground Kicks
Smother
Double Parry
Inward Block

Outward Block
Upward Block
Downward Block
Uppercut, Cover
Cover, Uppercut
Hook, Cover
Cover, Hook
Overhand, Cover
Cover, Overhand
Uppercut, Hook, Overhand
Jab, Cross, Hook
Mirror Wheel Kick, Cross
Mirror Side Kick, Cross
Slip, Uppercut, Hook and Cover
Slip, Uppercut, Hook, Hook and Cover

Sparring:

Five 1-minute Rounds of Free Spar
Point Sparring

Verbals:

1. Breathing Technique 1
2. What is the most important principle in self-defense?
3. Respect Rule 1-2
4. Listening Technique 1
5. Positive Manner 1-2-3-4
6. Four Rules of Concentration
7. Self-Discipline
8. What does being in good position mean?
9. How big is the ring?
10. What are two options if you take those two steps?
11. Critical Distance Line
12. What is your longest strike to keep opponent away?
13. What are two options if opponent gets past your side kick?

14. Collapse 1-2
15. What are two ways to control distance?
16. Breathing Technique 2
17. Listening Technique 2
18. Communication Technique 1
19. Emotional Maturity
20. Scouting
21. Pressure Technique
22. Gambling 1-2
23. Zig Zag Footwork
24. Communication Technique 2
25. Mental Awareness Speed
26. Mental Processing Speed
27. Physical Reacting Speed

Lee's Martial Arts