



Required Techniques For Green Belt (In the order they should be taught.)

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| 1. BEGGING HANDS | <i>Front Two Hand Grab To Wrist</i> |
| 2. THRUSTING WEDEGE | <i>Front Two Hand High Push</i> |
| 3. FLASHING WINGS | <i>Front Right Step Though Punch</i> |
| 4. HUGGING PENDULUM | <i>Front Right Thrusting Knife Edge Kick</i> |
| 5. REPEATED DEVASTATIONS | <i>Full Nilson</i> |
| 6. DESTRUCTIVE TWIN | <i>Front Two Hand Choke (Pulling In)</i> |
| 7. DEFYING THE STORM | <i>Front Right Step Through</i> |
| 8. CROSSED TWIGS | <i>Two Hand Wrist Grab From Behind</i> |
| 9. SNAKING TALON | <i>Front Two Hand Push</i> |
| 10. SHIELD AND MACE | <i>Front Right Step Through Punch</i> |
| 11. RETREATING PENDULUM | <i>Front Right Thrusting Heel Kick Executed With
Either a Right Step Through Or Left Rear
Crossover</i> |
| 12. TRIPPING ARROW | <i>Front Bear Hug</i> |
| 13. WINGS OG SILK | <i>Rear Two Arm Lock</i> |
| 14. CONQUERING SHIELD | <i>Front Left Stiff Arm Lapel Grab</i> |
| 15. ENTANGLED WING | <i>Front Armlock</i> |
| 16. RAKING MACE | <i>Front Two Hand Lapel Grab (Pulling In)</i> |

Form's

Short Form # 3