

Green Belt



All earlier Belts requirements

Techniques performed with stronger power and balance.

Punches

- 1) Front Jab & Double Jab, 2) Left & Right Crosses
- 3) Left & Right & Double Hooks, 4) Upper Cuts
- 5) Back fist & *Spinning Back fist*

(All followed up with punches or kicks)

Kicks

- 1) Front snap Kick
- 2) Side Kick
- 3) Round Kick
- 4) Turn Side Kick
- 5) *Hook Kick*
- 6) *F / Leg sweep (Guard sweep)*
- 7) *Sweeping opponents Front leg*

(All followed up with Punches)

Heavy Bag & Speed Bag

Mitt Work

Working drop & pop up with punches

Side to side with counter punching

Shadow Boxing

(Alone & with opponent Using all techniques)

Ring Work

(With Contact, *Improved* Movement, & Counter Punching skills)