

1st TIP TEST

BASICS: \_\_\_\_\_  
 \_\_\_\_\_  
 SELF DEFENSE: \_\_\_\_\_  
 \_\_\_\_\_  
 SPARRING: \_\_\_\_\_  
 \_\_\_\_\_  
 DATE: \_\_\_\_\_

2nd TIP TEST

BASICS: \_\_\_\_\_  
 \_\_\_\_\_  
 SELF DEFENSE: \_\_\_\_\_  
 \_\_\_\_\_  
 FORM 1-5: \_\_\_\_\_  
 \_\_\_\_\_  
 SPARRING: \_\_\_\_\_  
 \_\_\_\_\_  
 DATE: \_\_\_\_\_

GREEN BELT TEST

BASICS: \_\_\_\_\_  
 \_\_\_\_\_  
 SELF DEFENSE: \_\_\_\_\_  
 \_\_\_\_\_  
 FORM 1: \_\_\_\_\_  
 \_\_\_\_\_  
 SPARRING: \_\_\_\_\_  
 \_\_\_\_\_  
 DATE: \_\_\_\_\_

Write a paragraph on DISCIPLINE and how you use it in your day to day life. Must be completed and excepted prior to your GREEN BELT test.

Date: \_\_\_\_\_

# REQUIREMENTS FOR JR./TEEN GREEN BELT

VERSION 3.4 3-19-12



NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## BASICS

1st TIP

### KICKS

axe kick -----

jump roundhouse -----

double crescent -----

### FITNESS

45 squats -----

25 pushups -----

45 crunches -----

### LOCK FLOW

outside wrist -----

finger flex -----

straight wrist -----

vertical wrist -----

arm bar -----

figure four -----

keylock -----

shoulderlock -----

## FORMS/SETS

2nd TIP

Form 1-5 mechanical ----- execution -----

### BELT

Form 1 mechanical ----- execution -----

## SPARRING

### STRIKING

Combination 12

Pull-drag Low/High Roundhouse Kick -----

Combination 13

Jab-Cross-Jab-Spinning backfist -----

Combination 14

Jump Spinning Back Kick-Step-thru Roundhouse Kick -----

### GRAPPLING

Submissions

Positions

samurai ----- back mount -----

baseball ----- s-mount -----

Standing Grappling/with two different submissions -----

Sparring a Jr. Student (teaching skills) -----

Sparring a Sr. Student (skill) -----

Sparring two students simultaneously -----

## SELF DEFENSE

1st TIP

HOOKING WINGS (front two hand choke)

CIRCLING DESTRUCTION (step-thru left straight punch)


2nd TIP

CLIPPING THE STORM (step-thru right club thrust)

CONQUERING SHIELD (left hand lapel grab)


BELT

RISING GUILLOTINE (step-thru left roundhouse punch)

SLIPPING THE MACE (step-thru left straight punch)


Condition and guts take over where knowledge and skill end.

Senior Grandmaster Ed Parker

Courage is doing what you are afraid to do. There can be no courage unless you are scared.

Eddie Rickenbacker

## SPEED.

PERCEPTUAL: IS THE QUICKNESS OF THE SENSES TO MONITOR THE INFORMATION THAT THEY RECEIVE. A SIGN OR GESTURE THAT MEANS TROUBLE, SEEING THE INCOMING STRIKE, OR THE OPENING TO ATTACK.

MENTAL: IS THE QUICKNESS OF THE MIND TO SELECT THE RIGHT MOVEMENTS TO EFFECTIVELY DEAL WITH WHAT THE SENSES HAVE DETECTED.

PHYSICAL: IS THE QUICKNESS OF PHYSICAL MOVEMENT. IN KENPO, IT IS THE SPEED OF THE ACTUAL EXECUTION OF A MOVEMENT.