

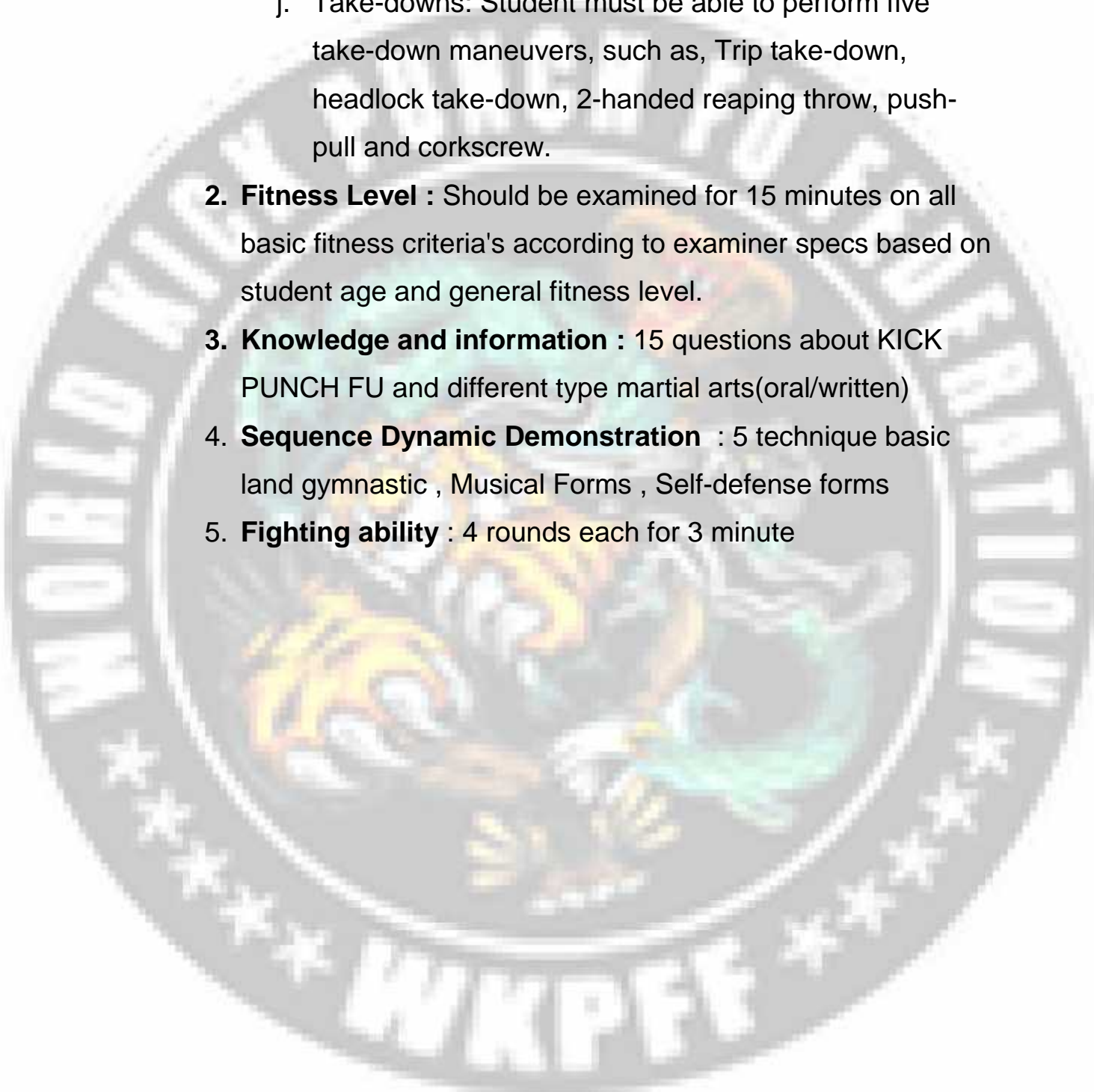


KICK PUNCH FU Green Belt Requirements



1. Technique :

- a. Kicks: Student must be able to perform front ball kick, front snap kick, back kick, roundhouse kick, side kick and front-side kick.
- b. Strikes: Student must be able to perform six strikes: front-two-knuckle jab & cross, thrust punch, palm strike, hammer fist, hook punch and upper cut.
- c. Break Falls: Student must perform a front tuck, right and left shoulder roll and back break fall.
- d. Blocks: Student must be able to perform the 10-point blocking system with push and palm strike counters.
- e. Stances: Student must be able to demonstrate the proper 'ready stance,' 'guard stance' and 'horse stance.'
- f. Self Defense Basics: Student must be able to demonstrate step-block-strike technique combinations with increasing effectiveness. Student must be able to demonstrate evade and retreat technique with counter attack combinations of increasing effectiveness.
- g. Self Defense against a grab: Student must be able to subdue attacker from the following grabs: single and double lapel grab, headlock, hair grab and two-handed choke.
- h. Self Defense against an attack: Student must perform a minimum of five self-defense techniques.

- 
- i. Holds & Submissions: Student must be able to demonstrate a snake-wrap, headlock, bear hug and collar clutch.
 - j. Take-downs: Student must be able to perform five take-down maneuvers, such as, Trip take-down, headlock take-down, 2-handed reaping throw, push-pull and corkscrew.
2. **Fitness Level** : Should be examined for 15 minutes on all basic fitness criteria's according to examiner specs based on student age and general fitness level.
 3. **Knowledge and information** : 15 questions about KICK PUNCH FU and different type martial arts(oral/written)
 4. **Sequence Dynamic Demonstration** : 5 technique basic land gymnastic , Musical Forms , Self-defense forms
 5. **Fighting ability** : 4 rounds each for 3 minute