

Green Belt 3rd Kyu

Note: Students will be tested on previous material in addition to the following:

Stretching

1. 4-in-1 exercise
2. Box splits

Stances

1. Tsuru-Ashi-Dachi
2. Uchi-Hachi-Dachi

Punches and Strikes

1. Tettsui-Oroshi-Ganmen-Uchi
2. Tettsui-Komi-Kami
3. Tettsui-Hizo-Uchi
4. Tettsui-Yoko-Uchi (Jodan, Chudan, Gedan)
5. Shotei-Uchi (Jodan, Chudan, Gedan)
6. Jodan-Hiji-Ate
7. Hapkido reverse knife strike

Blocks

1. Mawashi-Gedan-Barai
2. Shuto-Mawashi-Uke (in Kokutso Dachi)
3. Shotei-Uke (Jodan, Chudan, Gedan)

Kicks

1. Mae-Chusoku-Ke-Age
2. Teisoku-Mawashi-Soto-Ke-Age
3. Haisoku-Mawashi-Uchi-Ke-Age
4. Sokuto-Yoko-Ke-Age

Kata

1. Pinan-Sono-Ichi
2. Pinan-Sono-Yon

Renraku

1. Half step Seiken Oi Tsuki, half step Uraken-Ganmen-Uchi, Seiken-Jodan-Gyaku, swing punch Seiken-Jodan-Oi-Tsuki
2. Half step Seiken Oi Tsuki, Seiken-Ago-Tsuki, Seiken Oi Tsuki Hook punch

3. Half step Seiken Oi Tsuki, Spinning Uraken
4. Leg block, Seiken Oi Tsuki, Seiken-Chudan-Gyaku-Tsuki, Chudan-Mawashi-Geri-Chusoku
5. Half step Seiken Oi Tsuki, Seiken-Chudan-Gyaku-Tsuki, Chudan-Mawashi-Geri-Chosoku
6. Chudan-Mawashi-Geri-Jodan-Mawashi-Geri-Heisoku
7. Chudan-Ushiro-Geri
8. Leg block, Chudan-Ushiro-Geri
9. Front foot Chudan-Mae-Geri, Chudan-Ushiro-Geri, Jodan-Mawashi-Geri-Heisoku
10. Front foot Chudan-Mawashi-Geri-Heisoku, Jodan-Mawashi-Geri-Heisoku
11. Front foot Chudan-Mae-Kakato-Geri, Jodan-Mawashi-Geri-Heisoku
12. Front foot Chudan-Yoko-Geri, Jodan-Mawashi-Geri-Heisoku

Conditioning

1. 15 push ups on fingers
2. 30 push ups on knuckles
3. 50 stomach crunches with legs in the air
4. 60 squats

Note: Children under 16 years are not expected to perform push ups on knuckles or fingers.

Self Defence

Self defence to be arranged by the instructor, including knife defences.

Fighting

6 x two-minute fights

1. 3 x hands and feet
2. 1 x hands only (no gloves, attacks only to body)
3. 1 x feet only
4. 1 x hands and feet (no gloves, no face contact)