



# GREEN BELT

Test Date \_\_\_\_\_

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## PROGRESS

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## TECHNIQUES



### **Begging Hands**

FRONT two-hand wrist grab



### Entangled Wing

FRONT figure four lock



### **Thrusting Wedge**

FRONT two-hand push



### Raking Mace

FRONT two-hand lapel grab (pull-in)



### **Shield & Mace**

FRONT straight right step-through punch



### Twist of Fate

FRONT two-hand push



### **Hugging Pendulum**

FRONT right drag-up thrusting  
side blade kick



### Flashing Wings

FRONT straight right step-through punch



### **Defying the Storm**

FRONT right step through  
roundhouse club



### Repeating Pendulum

FRONT right thrusting keel kick with  
left rear crossover



### Repeated Devastation

full nelson



### Tripping Arrow

FRONT bear hug

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## FORMS & SETS

### **Long Form Two**

### **Coordination Set Two**