

GREEN BELT

(3rd promotion :4th BELT)

TIME PERIOD: Anywhere between 6-18 Months

1. TERMINOLOGY & EIGHT BASICS
2. TECHNIQUES & STANCES
3. ESCAPES:
 - A. BEAR HUG
 - B. FULL NELSON
 - C. 1/2 NELSON
 - D. HEAD LOCK
4. KATA
 - A. ICHI KATA , SET I & SET II
5. JUDO
 - A. SWEEPS (FRONT & INSIDE)
 - B. SHOULDER THROW
 - C. FRONT HIP THROW
 - D. COUNTERS:
 1. ONE COUNTER TO SHOULDER THROW SERIES
 - E. ESCAPE FROM THE MOUNTED POSITION
 - F. ESCAPE FROM THE GUARD POSITION
6. CONTAINMENTS:
 - 15 FROM THE FRONT , SIDE AND BACK ATTACKS.