

Monroe County Martial Arts
Green Belt

Kicks

front
half-moon
roundhouse
side
inside crescent
outside crescent
backside
jump front
back crescent
tornado
thunder
back spin

Hand Techniques

horse stance-triple punch
low block
high block
inside block
outside block
palm heel
ridge hand
inside knife hand
outside knife hand
middle double knife hands

Forms

Palgue 1
Palgue 2
Palgue 3

If you are 6 or older, you must be able to tie your own belt.

Self-Defense (ages 16 and up)

choke from front
choke from rear
mounted choke
front hair pull
rear hair pull
front bear hug-arms pinned
rear bear hug-arms pinned
front bear hug-arms free
rear bear hug-arms free

Training Time: 3-4 months (2-3 classes per week)
Test Fee: \$45