



GREEN BELT (4TH KYU)

- Stripe One:** Rolls, Falls, and Sweeps
- Forward Roll
 - Side Fall
 - Snatch-and-Fire, Power Broom Sweep
 - Skip Step, Rear Dump
- Stripe Two:** Striking Combinations and Kicks
- 3-Punch Combination (Jab, Reverse Punch, Hook)
 - 4-Punch Combination (Jab-Under-Jab-Over)
 - Spinning Backfist
 - Spinning Palm Down
 - Back Kick
 - Spinning Back Kick
 - Knee Strike
 - Double Knee Strike (Full Step, Full Step)
- Stripe Three:** Tensho Kata
- Stripe Four:** Three-for-Threes:
- Back Kick, Spinning Backfist, Reverse Punch
 - Skip Step Side Kick, Back Kick, Spinning Back Kick
 - Skip Step Side Kick, Skip Step Round Kick, Reverse Punch
- Stripe Five:** American Taikyoku Kata
- Stripe Six:** Kali
- Single Stick Loading Positions 1-4
 - Open Series
 - o Entry-4s
 - o Entry-6s
 - o Taps