

## Green Belt

<b>Attack</b>	<b>Escape</b>	<b>Throw</b>
<b>Classical</b>		
Mune-tsuki	Irimi 1	Kaiten-nage
Yokamen-uchi 3	Corner step	Toyoda Kokyu-nage
Yokomen-uchi	Tenkan 1	Yonkyo
Ushiro-tekubi-tori	Tenkan 2	Sayu-undo
Katate-kosatori	Irimi 1	Nikyo

### **Applied (close attacks)**

Shomen-uchi 3	Irimi 2	Kote-gaeshi
Front kick	Irimi 1	Tenchi-nage
Ushiro-katate-kubishime (holding)	Tenkan 1	Shiho-nage

### **Knife**

Shomen-uchi	Corner step	Sayu-undo
Mune-tsuki	Tenkan 1	Sankyo
Mune-tsuki to throat	Corner step	Nikyo

### **Kata**

Bokken kata 1 (twice in 30 seconds)

Jo kata 1 (twice in 42 seconds)

### **Previous syllabus**

Four techniques to be selected at random by the examiners from the orange and yellow belt syllabus - two with Ki tests at any point

### **Tai Gei**

Two against one Tai Gei 2 (both sides)

### **Randori**

One attacker, 3 attacks:

Attacker interrupts Kokyu-nage or Tenchi-nage throw - change throw as appropriate.

Two attackers, 3 attacks each:

Throw either Kokyu-nage or Tenchi-nage or change if necessary.

### **Grading should demonstrate good quality:**

**Shape 3, anchors, alignment**

**Feel, flow and speed**

**Composure under pressure**

**Complete nikyo and sankyo finishes**