

Name: _____

Tested: _____

GREEN BELT

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|------------|--|-------------------------|
| ___/___() | 1. OBSCURE CLAWS (Right flank left hand shoulder grab) | 1 st Stripe: |
| ___/___() | 2. ENCOUNTER WITH DANGER (Front two hand push) | 2 nd Stripe: |
| ___/___() | 3. CIRCLING DESTRUCTION (Front left step through punch) | 3 rd Stripe: |
| ___/___() | 4. DETOUR FROM DOOM (Front right roundhouse kick) | 4 th Stripe: |
| ___/___() | 5. SQUATTING SACRIFICE (Rear bear hug, arms free) | |
| ___/___() | 6. ESCAPE FROM DEATH (Rear right arm choke) | |
| ___/___() | 7. BRUSHING THE STORM (Right flank right overhead club attack) | |
| ___/___() | 8. MENACING TWIRL (Rear left belt grab) | |
| ___/___() | 9. LEAP FROM DANGER (Rear two hand push) | |
| ___/___() | 10. CIRCLES OF PROTECTION (Front right overhead punch) | |
| ___/___() | 11. CIRCLE OF DOOM (Front right straight kick) | |
| ___/___() | 12. BROKEN GIFT (Front handshake) | |
| ___/___() | 13. HEAVENLY ASCENT (Front two hand choke, arms straight) | |
| ___/___() | 14. CAPTURING THE STORM (Front right step through overhead club) | |
| ___/___() | 15. CONQUERING SHIELD (Front left stiff arm lapel grab) | |
| ___/___() | 16. TAMING THE MACE (Front right step through punch) | |
| ___/___() | 17. TWIRLING SACRIFICE (Full Nelson) | |
| ___/___() | 18. CROSS OF DEATH (Front two hand cross choke) | |
| ___/___() | 19. SECURING THE STORM (Front right roundhouse club) | |
| ___/___() | 20. INTERCEPTING THE RAM (Front Tackle) | |
| ___/___() | 21. KNEEL OF COMPULSION (Right flank right step through punch) | |
| ___/___() | 22. CLIPPING THE STORM (Front right thrusting club) | |
| ___/___() | 23. GLANCING WING (Front left uppercut punch) | |
| ___/___() | 24. THE BACK BREAKER (Right flank right step through punch) | |

FORMS & SETS & BASICS

SHORT FORM #3

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___/___()
starting date

___/___()
finishing date

COORDINATION SET #2

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___/___()
starting date

___/___()
finishing date

Stances

Concave

Blocks

Inward Vertical Forearm
Outward Vertical Forearm

Parries

Upward
Inside Knee
Outside Knee

Maneuvers

Front Fall
Back Fall
Side Fall
Rolling Falls (front, back)

Punches

Inverted Vertical Roundhouse
Chopping
Looping Overhead

Strikes

Downward Elbow
Inward Vertical Forearm
Outward Vertical Forearm

Finger Techniques

Upward Claw
Inward Circular 5 Finger Claw
Outward Circular 5 Finger Claw

Kicks

Hook
Shovel
Reverse Snap
Spinning Reverse
Inward Crescent
Outward Crescent

Roundhouse

PLEDGE:

I pledge a continued effort to sharpen my skills, to increase my knowledge, and to broaden my horizons. I shall obligate myself under the direction of my instructor to learn the skills of a teacher, which will enable me to teach my skills in the prescribed manner outlined by Mr. Ed Parker.