

United Karate Centers

Green Belt Curriculum

- Meaning of yellow belt
- Check In
- Equipment needed for Adult Yellow
- My goal to take my Green Belt exam: _____

Double kicks

- Low Snap Front Kick to high Roundhouse
- Cross step low Side Kick to High Side Kick
- Cross step Hook Kick to high Roundhouse

Jump kick combinations

- Front kick to Jump Front Kick
- Outside Ax Kick to Jump Outside Ax Kick
- Round house to Jump Roundhouse Kick
- Side Kick to Jump SideKick
- Hook Kick to Jump hook Kick
- Inside Crescent Kick to Spinning outside Crescent Kick
- 4 Power Kicks (jumping) (Front, round ,side, back)
- Tip Test Date and Signature _____

Kali

- Hubud (Right side only)
- Partial 1st set Kali (Cup Cup, x pattern, 3 count, 6 count heaven, standard, earth)
- Kicking combination #1,2,3
- Tip Test Date and Signature _____

Kickboxing Combinations

- Kickboxing Combination # 1(giving) C-H-RK-H-C-LK
- Kickboxing Combination # 2 (giving) J-outside sweep-H-RK-J-Inside sweep-C-LK
- Superman Punch
- Basic Defense** (bob left, bob right, weave left, weave right, Faint forward, faint back, faint down, Perry, Body block left, body block right, redirect left, redirect right, leg check left, leg check right)
- Tip Test Date and Signature_____

Ground Fighting

- Ground Kicks- Front kick
- Ground Kicks- Roundhouse kick
- Ground Kicks- Sidekick
- Ground Kicks- Back kick
- How to get up from sitting position
- On your back spinning drill
- On your back position (grab pants)
- On your back (grab Leg)
- On your back position (scissor sweep)
- Turtle position (rolling)
- Turtle position to left inside sidekick (getting up)
- Turtle to right side kick (low and high)
- Turtle to inside sweep and outside sweep
- Turtle to left Leg hooking to right side kick(knee break)
- Red Tip Date and Signature:_____
- My Green Belt Exam is scheduled for:_____
- Document your Green Belt Experience
- Testing fee is due
- Character building memorization (always try to put others before yourself)

Kicking combo broken down

Kicking Combo # 1 Low leg kick, cross step sidekick, cross step (in front) round kick (then left side)

Kicking combo # 2 Front thrust kick, sidekick, round kick

Kicking combo # 3 Inside Ax kick, cross step hook kick, turn around back kick (With left foot)

Revised 3/2017