

United Karate Centers

Jr Green Belt Curriculum

Required equipment for this belt: mouth piece

1st Tip

Front Leg Combinations

- Front kick with front leg to jab cross hook
- Round house with front leg to jab cross hook
- Sidekick with front leg to jab cross hook
- Front kick to jump front kick to jab cross hook
- Round house to jump roundhouse to jab cross hook
- Sidekick to jump sidekick to jab cross hook

Kicking combinations

- #1 (low leg kick to front kick to cross step side kick)
- # 2 (Front kick to cross step side kick to cross step in front round house)

1st Tip Achieved _____ Date _____

2nd Tip

Kick and Block drills

- 1st person front kick, receiver low blocks and returns front kick to 1st person, then 1st person low blocks (repeat)
- With Roundhouse
- With Sidekick
- Focus mitt training
- 1st person attacks with jab, cross, hook. 2nd person receives with perry, perry, cover.
- Falls
- Shoulder rolls to falling positions (left, right side)

2nd Tip Achieved _____ Date _____

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3rd Tip

Grappling

- BJJ flow to armbar
- Kali double sticks (Cup/ cup to x pattern to three count to six count heaven).
- Sparring with control
- Grappling with control
- Basic Form # 1

3rd Tip Achieved _____ **Date** _____

Red Tip Achieved _____ **Date** _____