

# Task Karate Green Belt Test

## Fighting Stance

- Fighting Stance (with switching)
- Advancing and Retreating

## Punching

- Rear Hand Punch
- Jab

## Punching Combination

- Double Punch (Front Jab, Rear Punch)

## Kicking

- Back Leg Snap Front Kick
- Front Leg Round Kick
- Step, Slide, Side Kick

## Self Defense (Emergency and Release)

- Front Choke
- Double Lapel Grab
- Same, Cross and Two to One Hand Wrist Grabs (6)

## One-Step Sparring

- Forearm Block, (outside) Forearm Strike to Ribs

## Traditional Form Movements

- Front Stance Stepping Punch
- Front Stance Down Block
- Back Stance Down Chop

## Form

- Form #1
- Bonus Form (Kan-na or choice)

## Kick-Punch Combination

- Front Leg Round Kick, Double Punch

## **Projected Promotion Schedule:**

24 to 40 lessons and 3 to 5 months of attendance, as well as an understanding of the techniques, are required for promotion!