

Task Karate Green Belt Test

Fighting stance

- Fighting Stance (with switching)
- Advancing and Retreating
- Step-Slide (fencing)

Punching

- Jab
- Rear hand punch

Punching combination

- Double punch (front jab, rear punch)

Kicking

- Back leg snap front kick (top of the foot, land in back)
- Front leg round kick (land in front)
- Step, slide, side kick (land strong in front, slide back)

Self-Defense (emergency and release)

- Front choke
- Double lapel grab
- Same side, cross side, and two to one hand wrist grabs (6)

Defense against strikes (rotates each month)

- Straight punch, haymaker, backfist

Traditional form movements

- Front stance stepping punch
- Front stance down block
- Back stance down chop

Form

- Form #1
- Bonus form (form #2, #3, 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!