

**GREEN**  
**(Fifth Belt/Grade)**

**Minimum Training Time:**  
***4 Months (16 Weeks)***

---

**Technical Requirements:**  
**(All Techniques Performed in Both Stances)**

---

**Basic Punches**

- |   |  |
|---|--|
| <ol style="list-style-type: none"><li>1. <b>Spinning Back Fist</b><br/>– Hook (Body)<br/>[Opposite Arms]</li><li>2. <b>Stepping Through Jab</b><br/>– Uppercut (Body) [BA]</li><li>3. <b>Double Jab</b><br/>– Spinning Back Fist</li><li>4. <b>Jab</b><br/>– Cross<br/>– Uppercut<br/>– Uppercut<br/>[Alt Arms]</li></ol> | <ol style="list-style-type: none"><li>5. <b>Cross</b><br/>– Hook<br/>– Spinning Back Fist</li><li>6. <b>Hook (Body / Head) [BA]</b><br/>– Uppercut<br/>– Uppercut<br/>[Alt Arms]</li></ol> |
|---|--|
- 

**Basic Kicks**

- |   |  |
|---|--|
| <ol style="list-style-type: none"><li>1. <b>Jumping Front Kick [FL]</b></li><li>2. <b>Jumping Roundhouse Kick [FL]</b></li><li>3. <b>Turning Back Kick (Body)</b></li><li>4. <b>Jumping Front Kick</b><br/>– Jumping Roundhouse Kick<br/>[Alt Legs]</li></ol> | <ol style="list-style-type: none"><li>5. <b>Outside Crescent Kick [BL]</b></li><li>6. <b>Side Kick (Body / Head) [FL]</b></li><li>7. <b>Turning Side Kick (Body)</b></li></ol> |
|---|--|
- 

**Combinations**

- |  |  |
|--|--|
| <ol style="list-style-type: none"><li>1. <b>Double Jab (Moving Forward)</b><br/>– Cross<br/>– Uppercut<br/>– Side Kick (Body) [FL]</li><li>2. <b>Cross</b><br/>– Uppercut<br/>– Jumping Front Kick [FL]<br/>– Back Fist<br/>– Spinning Back Fist</li><li>3. <b>Axe Kick [FL]</b><br/>– Back Fist [FA]<br/>– Turning Back Kick (Body)<br/>– Back Fist<br/>– Cross</li></ol> | <ol style="list-style-type: none"><li>4. <b>Jumping Front Kick [FL]</b><br/>– Jumping Front Kick [BL]<br/>– Back Kick<br/>– Jab<br/>– Cross</li><li>5. <b>Sliding Side Kick [FL]</b><br/>– Back Fist<br/>– Hook<br/>– Roundhouse Kick [BL]</li></ol> |
|--|--|

## **Blocks & Counters**

- |   |  |
|---|--|
| <b>1. Side Body Block</b><br>{Counter Hook (Head)}      | <b>3. Side Body Block</b><br>{Counter Axe Kick [FL]} |
| <b>2. Front Head Block</b><br>{Counter Front Kick [FL]} | <b>4. Side Head Block</b><br>{Counter Uppercut}      |
- 

**Pad Work**  
*(4 X 1.5 Minute Rounds)*

**Sparring**  
*Light Contact*  
*With Protective Equipment*

**Self Defence Techniques (X 3)**

**Groundwork Techniques (X 2)**

---