

Set 1 – Low Rank Green Belt

Lead leg kicks, reverse punch, front hand blocks

- 1.1 Closed Stance - Inward parry block, counter with a reverse punch.
- 1.2 Closed Stance - Inward parry, counter with a reverse punch, lead leg round kick
- 1.3 Closed Stance - Step together Double Round Kick, reverse punch. – Low/High
- 1.4 Closed Stance - Step together Hook Kick, Round Kick – High/Low
- 1.5 Open Stance - Step together Side Kick, Round Kick. – Low/High

**Low rank green belts need to be able to rotary jog for two minutes (2:00) without stopping.