

Marietta Martial Arts



To become a Green Belt

BREAKFALLS

1. Standing Back
2. Standing Front
3. Right Rolling
4. Left Rolling

STRIKES

1. Palm heel – jab & cross
2. Tiger mouth – ‘C’ to throat

KICKS – (F) & (R) LEG

7. Scoop kick
8. Twist kick

BREAKAWAYS

10. Inward elbow to face –
11. Triple elbow –
12. ‘C’ to throat–
13. Outside spin elbow low high –
14. Step under strike ribs shoulder grab TD –

SAME SIDE WRIST

- 6 Single guidance head twist –
- 7 Twist cross (forearm to elbow) –
- 8 Forearm to finger bend –
- 9 Citizens arrest –
- 10 Thumb up elbow break figure 4 –

CROSS WRIST

4. PP elbow spin out and under –
5. Cross ‘S’ – LF distracter...
6. Arm bar across chest head twist –

SETS

1. Striking Set One