



Green Belt 2 Stripe Review (5 Kyu)



5th Kyu Tuite

DESCRIPTION

DEFENDER

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| 1. Two hand wrist, push away | Change body, bring hands together chest high, push away. |
| 2. One hand lapel, pull on same side | Grab under wrist with opposite hand, grab hand above with same side hand, change body, twist palm out while pushing down and keeping hand close to body. |
| 3. One hand lapel, pull on opposite side | Grab under wrist with same side hand, grab hand from above with opposite hand, change body, keep hand close to body, push down using arm bar. |
| 4. Two hand lapel, pull on lower hand | Grab under lower wrist with opposite hand, grab lower hand above with same side hand, change body, twist palm out while pushing down and keeping hand close to body. |
| 5. Same side wrist, punch to face | Open hand high block while changing body, grab wrist from above, press fingers into side of neck, step farther back, push down on neck while pulling down on wrist. |



Sai Exercises

# Exercise	Move
1. Middle punch	Alternating
2. Low block, middle punch	Simultaneous
3. Single bone block, double middle punch	Consecutive
4. High block, middle punch	Simultaneous
5. Cross body, single bone, reverse punch	Consecutive
6. Overhead strike	Consecutive
7. Middle punch, overhead, open low, single	Consecutive
8. Middle punch, outside/inside open temple	Consecutive
9. Open single bone, open cross body, reverse punch	Consecutive
10. Open low block, double middle punch	Consecutive
11. Open trouble trap	Alternating



Bo Jitsu

1. Bo Ni
2. Bo Sho



Pinan Ni Dan Kata

#	STEP	STANCE	TECHNIQUE
	<i>Yoi</i>	Attention	Left palm up in front of right palm, down to fists
1.	Left side	Straddle	Left hammer strike
2.	90° left, right forward	Right front	Right middle punch
3.	180° right, right forward	Right front	Right down block, right double bone block
4.	Left forward	Left front	Left middle punch
5.	90° left, left forward	Left front	Left down block
6.	Right forward	Right front	Right high block
7.	Left forward	Left front	Left high block
8.	Right forward	Right front	Right high block, <i>kia</i>
9.	270° left, left forward	Left front	Left down block
10.	45° right, right forward	Right front	Right high block
11.	135° right, right forward	Right front	Right down block
12.	45° left, left forward	Left front	Left high block
13.	45° left, left forward	Left front	Left down block
14.	45° left, left forward	Left front	Right middle punch
15.	Right forward	Right front	Left middle punch
16.	Left forward	Left front	Right middle punch, <i>kia</i>
17.	270° left, left forward	Left front	Left low double knife hand block
18.	45° right, right forward	Right front	Right low double knife hand block
19.	135° right, right forward	Right front	Right low double knife hand block
20.	45° left, left forward	Left front	Left low double knife hand block
	<i>Yame</i> , 45° left, left back	Attention	Left palm up in front of right palm, down to fists