

## GREEN BELT SELF DEFENSE TECHNIQUES

1. **BEGGING HANDS** - ( Front 2 hand grab to wrists )
2. **THRUSTING WEDGE** - ( Front two hand high push )
3. **FLASHING WINGS** - ( Front right step through punch )
4. **HUGGING PENDULUM** - ( Front right thrusting knife edge kick )
5. **REPEATED DEVASTATION** - ( Rear full nelson )
6. **DESTRUCTIVE TWINS** - ( Front two hand choke - pulling in )
7. **DEFYING THE STORM** - ( Front right step through side club )
8. **CROSSED TWIGS**- ( Rear two hand grab to wrists )
9. **SLIKING TALON** - ( Front two hand chest push )
10. **SHIELD AND MACE** - ( Front right step through punch )
11. **RETREATING PENDULUM** - ( Front right thrusting heel kick )
12. **TRIPPING ARROW** - ( Front bear hug - arms free )
13. **WINGS OF SILK** - ( Rear double arm lock )
14. **CONQUERING SHIELD** - ( Front left stiff arm lapel grab )
15. **ENTANGLED WING** - ( Front arm lock )
16. **RAKING MACE** - ( Front two hand lapel grab - pulling in )

### Forms and Sets

Short Form 3

Striking Set Set 2

### SAYINGS

- **Action with effect keeps an opponent in check.**
- **Accuracy must accompany speed, for it takes both to secure victory.**
- **Although belt color show, it is no proof that you know.**
- **To desire something does not mean to accomplish it. To perspire for it makes accomplishment a reality.**
- **The man who knows how will always be a student, but the man who knows why will continue to be the instructor.**
- **When a mans mind is occupied with his own injury, he is not apt to think of retaliation.**
- **Principles of motion take precedent over the sequence of motion.**
- **Whether it is a big ship or a little ship, the same size hole placed correctly in the hull can sink it.**
- **Sophistication is no more than simplicity compounded.**
- **Will power is the hammer that drives action.**



Green Belt Pledge: I pledge a continued effort to sharpen my skills, to increase my knowledge, and to broaden my horizons. I shall obligate myself under the direction of my instructor to learn the skills of a teacher, which will enable me to teach my skills in the prescribed manner outlined by Mr. Parker.