



## Belt Requirements for: Green & Green-Stripe

	Green		Green-Stripe	
	#	√	#	√
<b>Combinations</b> (RED Stripe)	14		10	
	15		11	
	16		17	
			19	
<b>Kata(s)</b> (BLUE Stripe)	Three Pinon		Four Pinon	
			Five Pinon	
<b>Kempo(s)</b> (BLACK Stripe)	Exploding Heart (1 & 2)		Windmill	
<b>Jiu-Jitsus</b> (WHITE Stripe)	Elbow Escape & Full Nelson		Hip Escape & Standing Kimora Escape	
<b>Blocking System</b>	Ten Point (first half)		Ten Point (all)	

- √ = You have learned the technique and can perform it.
- Students are expected to regularly practice all of their required material.
- Students will receive their stripes when they can perform the material with little or no help.