



Belt Requirements for: Green & Green-Stripe

	Green		Green-Stripe	
	#	√	#	√
**Combinations (RED Stripe)	14		10	
	15		11	
	16		17	
			19	
**Kata(s) (BLUE Stripe)	Three Pinon		Four Pinon	
			Five Pinon	
**Kempo(s) (BLACK Stripe)	Exploding Heart (1, 2, 3) Tiger Palm (1 & 2)		Double Swords (advanced) Windmill	
**Jiu-Jitsus (WHITE Stripe)	Elbow Escape Full Nelson (kick/drag/stomp, take down)		Hip Escape Kimora Escape Kimora/Strangle Hold Escape	
Blocking System	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.
- ** = Student must demonstrate ALL PREVIOUS requirements for that stripe. Chief Instructor initial required before rank advancement.