



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Adult Green Belt Requirements

Kicking (facial level): <input type="checkbox"/> Scoop Kick <input type="checkbox"/> Slap Kick	Blocking: <input type="checkbox"/> Universal block <input type="checkbox"/> Universal trap	Striking: <input type="checkbox"/> Palm Heel Strike <input type="checkbox"/> Tiger Mouth Strike
---	---	--

Minimum of 8 classes and 1 month

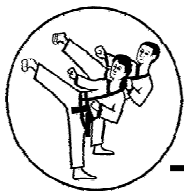
Breakaways – Escapes: <input type="checkbox"/> #10 – Elbow across face <input type="checkbox"/> #11 - Elbow solar plexus and face <input type="checkbox"/> #12 – Tiger mouth to throat <input type="checkbox"/> #13 – Outside step – Elbow to back <input type="checkbox"/> #14 – Step under and takedown	Breakfalls from Squatting position: <input type="checkbox"/> Front fall <input type="checkbox"/> Back fall <input type="checkbox"/> Right side fall <input type="checkbox"/> Left side fall <input type="checkbox"/> Low Obstacle Yudo Sul (Throwing) <input type="checkbox"/> #1 – Advancing Foot Sweep <input type="checkbox"/> #2 – Major Outer Reap	Defense against Same Side Wrist Grab: <input type="checkbox"/> #6 – Arm bar – Chin Grab <input type="checkbox"/> #7 – Reverse Arm Bar <input type="checkbox"/> #8 – Finger Lock <input type="checkbox"/> #9 – Gooseneck Come along <input type="checkbox"/> #10 – Arm lock Come along
---	---	---

Minimum of 16 classes and 2 months

Vocabulary: <input type="checkbox"/> Korean Counting El – First Yuk – Sixth Ee – Second Chill – Seventh Sam – Third Pal – Eighth Sah – Fourth Kul – Ninth Oh – Fifth Shib – Tenth	Self Defense: <input type="checkbox"/> #4 Rear Bear Hug (Front) <input type="checkbox"/> #2 Side Headlock (Reverse) <input type="checkbox"/> #3 Lapel Grab	Defense against Cross Hand Wrist Grab: <input type="checkbox"/> #4 – Step under Takedown <input type="checkbox"/> #5 – Wrist Control Takedown <input type="checkbox"/> #6 – Chin Twist - Takedown
--	--	---

Minimum of 24 classes and 3 months

- Review of all the above requirements
- Exam request form (must be filled out one week prior to the exam date).
- Exam fee: \$30.00 includes belt and certificate.
- Minimum of 24 classes and 3 months.



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Breakaways - Escape

Technique #10

1. Live Hand
2. Bring other hand up for protection
3. Step into opponent
4. Angle elbow up and to the outside
5. Strike opponent across the face with elbow
6. Come back with second strike

Technique #11

1. Live Hand
2. Bring other hand up for protection
3. Step into opponent
4. Angle elbow straight up towards opponent
5. Strike opponent in the solar plexus with elbow and continue up to chin strike
6. Come back with second strike

Technique #12

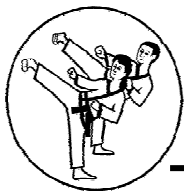
1. Live Hand
2. Bring other hand up for protection
3. Step into opponent
4. Angle elbow straight up towards opponent
5. Create Tiger Mouth with hand shoot hand to throat using the strike

Technique #13

1. Live Hand
2. Step Outside of opponent same side leg
3. Bring hand up for protection
4. Pivot outside while locking elbow in tight.
5. Turn hand so that palm is down as you breakaway
6. As you breakaway continue your turn strike opponent in lower back with opposite elbow
7. Follow up with second strike to head

Technique #14

1. Live Hand
2. Bring other hand up for protection
3. Circle hand up to the outside
4. Step under his arm and pivot through
5. Take second step and breakaway from grab
6. Strike your opponent on the way through
7. Come around behind the opponent
8. Grab opponent by the hair, clothes, or shoulders
9. Take out leg that is closest to you and pull your opponent to the ground
10. Finish technique



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Defenses again Same Side Wrist Grab

Technique #6

1. Live Hand
2. Distraction Technique
3. Outside counter grab (thumb on the inside)
4. Rotate the hand around and grab with other hand
5. Step in to close to opponents side (your hip up against his rib cage)
6. Reach around and grab opponents chin from outside.
7. Keep pressure one arm while twisting the head.
8. Push wrist in (try to touch fingertips to elbow.

Technique #7

1. Live Hand
2. Distraction Technique
3. Outside counter grab (thumb on the outside)
4. Rotate to the outside
5. Reverse Arm Bar
6. Take opponent to the ground

Technique #8

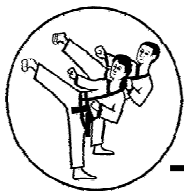
1. Live Hand
2. Distraction Technique
3. Cross Hand grab up from underneath right at the wrist
4. Rotate hand underneath putting pressure against fingers
5. Keep hand close to your body.

Technique #9

1. Live Hand
2. Distraction Technique
3. Outside counter grab (thumb on the outside)
4. Strike to inside of elbow (either with finger tip thrust or coming in with reverse knifehand strike)
5. Bring opponents elbow into your center mass and his arm into the crook of your elbow
6. Place both hand on opponents hand and press hand down.

Technique #10

1. Live Hand
2. Distraction Technique
3. Push hand out away from your body keeping the thumb up above his wrist
4. Bring other hand up and strike above the elbow with radial bone (hand in Live Hand Position)
5. With other hand (hand at wrist) bend arm at elbow and wrap your live hand around the wrist creating a come-a-long technique
6. Can also be used as a takedown.



American Black Belt Academy



208 State St. Oshkosh, WI. 54901

Phone: 920-232-9700

Defenses against Cross Wrist Grab

Technique #4

1. Live Hand
2. Distraction Technique
3. Counter grab Twisting wrist inside
4. Attack the inside of the elbow (pressure point attack) with thumb
5. Push elbow out and up
6. Step under elbow (in front of opponent) pivot around
7. Take opponent to the ground
8. Finish taking opponents back of hand placing it on the ground kneel on elbow

Technique #5

1. Live Hand
2. Distraction Technique
3. Rotate hand up and outside to counter grab wrist
4. With other hand counter grab the hand so it can not leave your wrist
5. From here there are different variations
 - a. Keep hand in knifehand position and press straight down
 - b. Grab wrist/forearm and press straight down
6. Finish when you get your opponent on the ground

Technique #6

1. Live Hand
2. Distraction Technique -should be low line kick
3. Pull opponent into you and counter grab wrist (inside counter) as you step past opponent
4. Reach around and grab chin/trachea turn head back
5. Keep pressure on wrist lock while pulling head back
6. Step back out of the way and take opponent to the ground.

Self Defense

Bear Hug Techniques

4. Front (under arms) - Thumbs in Maxillary hinge, Fingers in eyes forcing opponent away

Headlock Techniques

2. Side (Reverse) - Ridge hand strike to groin (from rear), Grab groin, Other hand on back of neck, Throw opponent to the ground

Lapel Techniques

3. Front (1 hand) - Inside crossing forearm block, Back fist strike to face