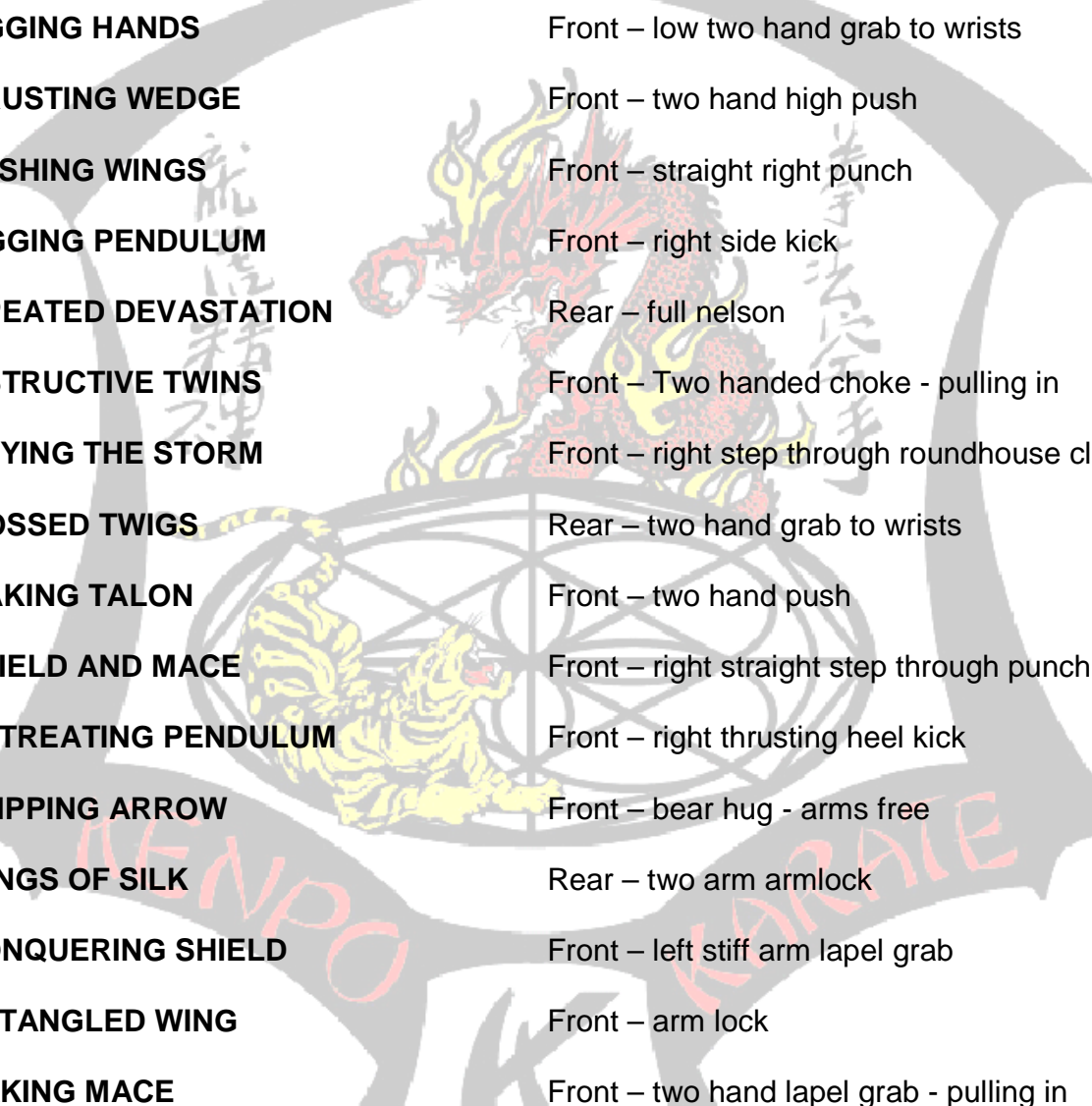


# REQUIRED TECHNIQUES FOR GREEN BELT

- 
1. BEGGING HANDS Front – low two hand grab to wrists
  2. THRUSTING WEDGE Front – two hand high push
  3. FLASHING WINGS Front – straight right punch
  4. HUGGING PENDULUM Front – right side kick
  5. REPEATED DEVASTATION Rear – full nelson
  6. DESTRUCTIVE TWINS Front – Two handed choke - pulling in
  7. DEFYING THE STORM Front – right step through roundhouse club
  8. CROSSED TWIGS Rear – two hand grab to wrists
  9. SNAKING TALON Front – two hand push
  10. SHIELD AND MACE Front – right straight step through punch
  11. RETREATING PENDULUM Front – right thrusting heel kick
  12. TRIPPING ARROW Front – bear hug - arms free
  13. WINGS OF SILK Rear – two arm armlock
  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

## CREED

***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.***

**MASTER ED PARKER**

# PREREQUISITE BASICS FOR GREEN BELT

## STANCES

Concave

## BLOCKS

Inward Vertical Forearm  
Outward Vertical Forearm

## PARRIES

Upward  
\*\*Inside Knee  
\*\*Outside Knee

## PUNCHES

Inverted Vertical Roundhouse  
Chopping  
Looping Overhead

## STRIKES

Downward Elbow  
Inward Vertical Forearm  
Outward Vertical Forearm

## WEAPON: SAI

Basics  
Sai Line  
Iron Star

## FINGER TECHNIQUES

Upward Claw  
Inward Circular – Five Finger Claw  
Outward Circular – Five Finger Claw  
Back Claw (Crossing Over the Shoulder)

## KICKS

Hook  
Shovel  
Reverse Snap  
\*\*Spinning Reverse Roundhouse  
\*\*Inward Crescent  
\*\*Outward Crescent

## MANEUVERS

Front Fall  
Back Fall  
Side Fall  
Rolling Falls (Front and Back)

## FORMS & SETS

Coordination Set # 2  
Short Form # 3  
Personal Form (10 -12 Techniques)

\*\*Optional

## SAYINGS FOR GREEN BELT

- 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 man’s 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.