

**GREEN BELT SYLLABUS SELF DEFENCE:**

**\*1. OBSCURE CLAWS:**

Right flank left hand shoulder grab.

**2. ENCOUNTER WITH DANGER:**

Front two hand push.

**\*3. CIRCLING DESTRUCTION:**

Front left straight step thru punch.

**4. DETOUR FROM DOOM:**

Front right round house kick.

**5. SQUATTING SACRIFICE:**

Rear bear hug, arms free.

**\*6. ESCAPE FROM DEATH:**

Rear right arm choke.

**7. BRUSHING THE STORM:**

Right flank step thru over head club attack.

**8. MENACING TWIRL:**

Rear left hand belt grab.

**\*9. LEAP FROM DANGER:**

Rear two hand push.

**10. CIRCLES OF PROTECTION:**

Front right step thru over head punch.

**\*11. CIRCLE OF DOOM:**

Front right straight kick.

**12. BROKEN GIFT:**

Front hand shake.

**SETS:**

**COORDINATION SET TWO.**

**STRIKING SET ONE.**

**INSTRUCTION:**

**DEMONSTRATE ABILITY TO INSTRUCT YELLOW SYLLABUS.**

**\*NB DENOTES JUNIOR SYLLABUS REQUIREMENTS.**

**\*13. HEAVENLY ASCENT:**

Front two hand choke, arms straight.

**14. CAPTURING THE STORM:**

Front right step thru over head club.

**15. CONQUERING SHIELD:**

Front left stiff arm lapel grab.

**16. TAMING THE MACE:**

Front right step thru punch.

**17. TWIRLING SACRIFICE:**

Full nelson.

**18. CROSS OF DEATH:**

Front two hand cross choke.

**19. SECURING THE STORM:**

Front right step thru round house club.

**20. INTERCEPTING THE RAM:**

Front tackle.

**21. KNEEL OF COMPULSION:**

Right flank right step thru straight punch.

**22. CLIPPING THE STORM:**

Front right thrusting club.

**23. GLANCING WING:**

Front left upper cut punch.

**\*24. THE BACK BREAKER:**

Right flank right step thru punch.

**FORMS:**

**SHORT FORM THREE.**

**OWN FORM.**