



TRINITY

MARTIAL ARTS

REQUIREMENTS FOR ADVANCED GREEN BELT TO 4- GUP - BLUE BELT

Prerequisites:

Advanced Green Belt or Advanced Green Belt equivalent. Has Green Belt in Arnis
Minimum 32 classes of continuous training at Adv. Green
Test fee due at test time: \$100.00
Must know all previous ranks forms

Mental Requirements:

Respect for yourself, your family, the school, and all the students
Indomitable spirit
Consistent at completing tasks
Practices outside of class

Basic Kicks:

#13 Push Front Kick
#14 Back Kick
#15 Crescent Kick

Mi Lyu Ap Cha Ki
Dit Cha Ki
Hu Lyu Cha Ki

Jump Reverse Back-heel Kick (hook or straight leg from side stance)

Form Basics & Form:

Form Basics:

17. Upward Punch Attack (High Block – Grab – Upward Punch – Side Tension Punch)
18. Double Knife Hand Guard (Low Guard followed by middle guard)
19. Low "X" Block
20. Reverse Elbow Strike

Form:

Nam Bok Hyung – North South Form

Self Defense:

- o Fighting Combination: Front foot roundhouse kick + Reverse punch + Front turning reverse side kick with *Ki-hop*.
- o One Step Spars (One or two counter-attacks only. Slow, then same thing fast)
- o Sticky Hands and Feet with grabbing, pushing and take-downs.

Teen/Adult Students:

Release & Defend against an arm lock

Wall Defense

1. Getting away unharmed
2. Under hook
3. Over hook
4. Shin Outside
5. Shin Inside

Take Downs & Leg Sweeps

1. Single Leg Sweep
2. Double Leg Sweep
3. From Behind Hip Sweep