

Extreme HEET Green Belt Requirements

Blocks

Low block
Downward palm block

Kicks

Knee strikes (alternating sides)
Front kick (stepping forward)
Roundhouse kick (stepping in horse stance)
Side kick (stepping in horse stance)

Strikes

V hand blow
¾ turn punch
Hook punch
Uppercut

Breakfalls

#6 Forward roll

Takedowns

Hip throw with figure four wristlock

Hold Escapes

Bear hug over the arms from front
Bear hug under the arms from front head far
Bear hug under the arms from front head close

Grappling / Ground defense

Crazy Horse (Backpack)
Combination (spider hands/swim, bulldozer, crazy horse)

Vision

Student will write a paragraph on the what the word DESIRE means to them. They must also provide a personal example.