

# GREEN STRIPE

## BLOCKING TECHNIQUES

Back Hand Block  
Inner Thigh Block

## STRIKING TECHNIQUES

Ridge Hand  
Head Butt  
Spear Hand

## KICKING TECHNIQUES

- Front to Side Combination
- Front Kick, Side Kick, Back Kick, Round House Kick (Advancing and Stationary)
- Inside/Outside Crescent Kick

## THROWING TECHNIQUES

Mountain Storm (2 Variations)  
Leg Wheel  
Sweeping Loin  
Stomping Hip Throw  
Reclining Leg Throw  
Knee Drop Shoulder Throw  
Foot Sweeps  
Head Hip Knee Throw (Melting)

## LOCKING TECHNIQUES

Leg Seizure With:

- Ankle Lock
- Femoral Nerve
- Spine Lock
- Heel Hook
- Knee Bar

## JOINT ARTICULATION

Drawing Inside Arm Bar to Lift  
Turn Lock  
Four Way Kata  
Full Wrist Lock to Lift Turn Lock  
Four Way Throw (from wrist grab/punch)