

Edison Martial Arts Academy: Green Belt

Combinations

1. Combination 1
 1. Back Leg Front Kick
 2. Back Leg Round Kick
 3. Back Punch
2. Combination 2
 1. Skip Lead Leg Round Kick
 2. Cross Lead Leg Side Kick
 3. Back Punch
3. Combination 3
 1. Back Leg Round Kick
 2. Spinning Back Kick
 3. Back Hand Ridge Hand

Kata (Jon-Kyong/ Respect)

Cardinal Directions "Left, Right, Forward and Back" are relative to you are currently facing. These will be seperated from the move with a comma, like this:(Step Left, Left Hand Middle Block). If it is labeled with Side on the end, it is signifying for you to step according to the beginning position. Otherwise, you move in the direction YOU are facing (If you're facing left, you move left. If you're facing back, move back) Remember, these steps are only to be used as reference. The actual kata should be learned from a qualified instructor as no written manual can replace him or her.

Beginning Stance: *Touch Position (Feet together with Fists Crossed over Chest)*

1. Step left, Left Hand middle block
2. Touch (bring right leg to left leg and cross fists over chest) Left Leg front kick
3. Right Hand back punch
4. Step back to Touch Position
5. Step right, Right Hand middle block
6. Touch Right Leg front kick
7. Left Hand back punch
8. Step back to Touch Position with body facing Right Side
9. Step left, Left Hand middle block
10. Right Hand Back Punch
11. Step forward, Right Hand middle block
12. Left Hand Back Punch
13. Grab
14. Pull Left Leg Front Kick
15. Left Hand Punch
16. Right Hand Punch
17. Turn to Back Side, Right Arm Middle Block

18. Cross Side Kick
19. Back Punch
20. Return to touch position
21. Step left, Left Arm Middle Block
22. Cross Side Kick
23. Back Punch
24. Return to Touch Position
25. Step right to back side, Right Hand Middle Block
26. Back Punch
27. Step Forward, Back Punch
28. Retract Punch and Twist body left (bend your knees)
29. Right Leg Side Kick
30. Back Punch
31. Turn Left, Left Hand Middle Block
32. Back Punch
33. Return to Touch Position facing Forward Side
34. Step Right, Right Hand Middle Block
35. Back Punch

Self Defense

1. Rear Double Hand Shoulder Grab
2. Head Lock
3. Full Nelson

Curriculum

First Stripe	Combinations	8 Lessons
Second Stripe	Kata: Jon-Kyong/ Respect	8 Lessons
Third Stripe	Self Defense	8 Lessons
Graduation	1. Combinations and Self Defense 2. 3 Count Round Kick and Gi-Cho Form #1 3. Jon-Kyong and Complete Test Procedures	24 Lessons/ Three Stripes