Green Belt

No.	Attack	Escape Routes	Technique
	Grabs		
1	Ryo katete-tori	SB + 180 + 180 +I2	Ikkyo
2	Ryo kata-tori	SB + 180 + I2	Zempo undo
3	Two hand throat strangle	CS + 180 + I2	Tenchi-nage
4	Ushiro katete kubi shime	T1 + 180 + I2	Shiho-nage
5	Ushiro te kubi tori	T2 + 180 + CS	Sayu-undo
	Blows		
6	Front hand slash	T2 + 180 + T1	Kokyu-nage
7	Mune-tsuki	CS + 180 + T1	Yonkyo
8	Shomen-uchi	CS + 180 + 180 + I2	Kote-gaeshi
9	Yokomen-uchi	T2+ 180 + I2	Toyoda kokyu-nage
10	Round House Kick	T2 + T1	Kaiten-nage

Knife **(4 Techniques)**

Escapes: Irimi 1, Irimi 2, Tenkan 1, Tenkan 2

No.	Attack	Technique
11	Mune-tsuki	Kokyu-nage
12	Yokomen-uchi	Tenchi-nage
13	Shomen-uchi	Kaiten-nage

Kata

Unarmed: Tai gei No. 3
Weapons: 2nd Bokken kata – to be performed twice in 30 seconds
1st Jo kata – to be performed twice in 42 seconds