

REQUIREMENTS FOR GREEN BELT

As our fundamentals continue to strengthen and our awareness broadens, the journey from Orange to Green Belt enables us to practise drawing on our growing experience. Essentially it helps us make educated decisions during the glimmer of time that resides between stimulus and response.

By the end of Green belt the student has been provided with a number of strategies that they can take should a variety of attacks come their way. The choosing of a correct strategy according to, or in relation to, a given type of attack is Wind level ability.

Taisabaki by this stage should feel natural to the student and appear very free to the observer/assessor. The ability to react freely and apply any given technique or release practised in all belts from White to Green is a Void level practise. Green belt therefore is a Wind and Void level training. Green belt as a whole however is the Earth element of the White Belt to Black Belt part of the Mu Te Shin Do curriculum. Just as Shodan is the Earth element of the entire Mu Te Shin Do practise.

DOJO ETIQUETTE

- Know what the lead student is and the terms responsible for

FUNDAMENTALS TRAINING

- Know how to do forward, backward, and sideways rolls; on the mats
- Know how to do forward, backward, side-dropping, face protection break-falls
- Know how to do jab, cross, hook, uppercut, and back-fist strikes
- Know how to perform an "S-Block"

RELEASES

- Know basic release from body grab or bear hug; front and rear attack
- Know evasion and release technique against tackle type attacks
- Know the release to restraint from strangle – frontal attack
- Know the release to restraint from headlock – rear attack

JUDO THROWS

- Know how to apply an Osoto otoshi throw to a single hook punch attack
- Know how to apply an Ogoshi throw to a double hook punch attack

KATA TRAINING

Ukemi kata 1

- Know the first falling kata

Samurai Self Defence kata

You must perform the complete kata with correct etiquette.

- 1. Kote gaeshi
- 2. Tegakami
- 3. Osoto otoshi
- 4. Shiho nage
- 5. Tegakami
- 6. Waki gatame

KIHON

- Know how to apply SSDK1 techniques in free play scenarios

SPIRITUAL TRAINING

- Memorize and recite the Student Creed