

Techniques Syllabus

GREEN BELT

4th & 3rd Kyu

Basic techniques as for white through Yellow Belts as well as the following:

A) Techniques

*** Ido (Moving Basics)**

Basic step work in Kumite No Kamae: Okuri Ashi, Fumi Ashi, Kosa, Oiashi (Sagari)

*** Kata**

Pinan Sono Go, Taikyoku Sono Ichi Ura & Ni Ura & San Ura, Gekisai Dai, Tekki Sono Ichi

B) Conditioning

* Flexibility: Chest touches the floor in a seated position with legs open.

* Push -ups: 60

* Jumping Squats : 60

* Hand stand : 60 seconds

* Chin ups: 12

* Jump (Tobi Geri): Your own height + 30 cm

C) Kumite

(1) **Yakusoku Kumite:** Uke and Uke Kaeshi combination in Kumite No Kamae, Step work

(2) **Jiyu Kumite:** 60 seconds * 5 rounds

Criterion: Reigi / Kamae / Kiai / Speed / Power / Stamina (Kokyu) / Uke Kaeshi / Rhythm / Combination
(Balance between hand techniques and kicks) / Step work

D) Written Examination

* In the terminology and philosophy pertaining to this rank. Contents of which shall be provided by the IKO Honbu.