

Green Belt			
Katas	•Seiuchin •One breakdown per kata up to Seisan	Throws & Ground Grappling	•One-armed Shoulder Throw (Ippon Seoi-nage) •Knee drop throw (Tai-O-toshi) from double sleeve grab
Self Defense	•Hair Grab from Front •Hair Grab from Rear	Blocks & Parries	•Trapping Hands vs Punch •Trapping Hands vs Cane Angles 1-12
Kicks & Strikes	•Spinning Heel Kick	Cane Techniques, Strikes & Blocks	•Figure-8 •Reverse Figure-8 •Banda y Banda •Rompida •Double Zero •Defense against Angles 1, 2, 5 & 12 (empty vs cane)
Arm & Shoulder Locks	•Arm and Shoulder Lock (Ude Garuma) •Arm Bar Inside Wrap	Drills	•Double vs Double Poking Drill (2 vs 2) •Single vs Double Poking Drill (2 vs 1): w/cane & empty hand
Finger & Wrist Locks	•Bent Elbow Wrist Lock (Nikyo or Center Lock) •Vertical Wrist Lock (Sankyo) •Chop-n-pop (same and cross hold) •Armbar (same and cross hold) •Reverse Wrist Lock		
Questions	•Name the Ten Principles of SCJ •What are the rank of SCJ? •How many meridians are there? •What are they? How many vessels are there? What are they?		