

## Green Belt w/Stripe

<b>Katas</b>	<ul style="list-style-type: none"> <li>•Anyo Isa Empty Hand Form (1)</li> <li>•One breakdown per kata up to Seiuchin</li> </ul>	<b>Throws &amp; Ground Grappling</b>	<ul style="list-style-type: none"> <li>•Drop Leg Shoulder Throw</li> <li>•Scarf-Hold: w/armbar, w/shoulder lock &amp; w/neck crank</li> <li>•Double Lapel Ground Choke</li> </ul>
<b>Self Defense</b>	<ul style="list-style-type: none"> <li>•Knife to Throat (palm up/palm down)</li> </ul>	<b>Transitional Flow</b>	<ul style="list-style-type: none"> <li>•Index Finger Lock (cross hand)</li> <li>•Wrist Lock</li> <li>•Bent Elbow Wrist Lock (center lock)</li> <li>•Inverted Wrist Lock (standing center)</li> </ul>
<b>Kicks &amp; Strikes</b>	<ul style="list-style-type: none"> <li>•Jump Inside Crescent Kick</li> </ul>	<b>Cane Techniques, Strikes &amp; Blocks</b>	<ul style="list-style-type: none"> <li>•Cane Release: Forearm Bump (inside/outside), Center Lock &amp; Standing Center Lock</li> </ul>
<b>Arm &amp; Shoulder Locks</b>	<ul style="list-style-type: none"> <li>•Hammer Lock (bent arm lock)</li> <li>•Reverse Arm Bar (Elbow to Elbow)</li> <li>•Reverse Arm Bar (armpit)</li> </ul>	<b>Drills</b>	<ul style="list-style-type: none"> <li>•6 Count Drill (cane 1-8-12)</li> <li>•Double Sinawali</li> </ul>
<b>Finger &amp; Wrist Locks</b>	<ul style="list-style-type: none"> <li>•Index Finger Tip (thumb to knuckle)</li> <li>•Inverted Finger Lock</li> <li>•2-Finger Lock (index finger fulcrum)</li> </ul>		
<b>Questions</b>	<ul style="list-style-type: none"> <li>•Which traditional Jujitsu system did Professor Jay first study?</li> <li>•Where is the Hombu (Headquarters Dojo) for SCJ?</li> </ul>		