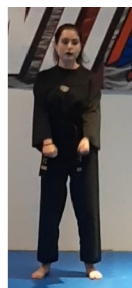


FORM: NTI 4

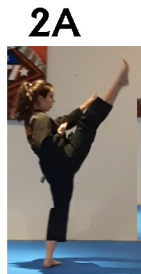
GREEN BELT REQUIRMENTS:
F.KICK/ R.KICK/ STEP SIDE KICK/
PRIMERY RULES 4-6:
BREAKING : SPIN HOOK KICK
SELF DEFENSE: 13 AND ABOVE



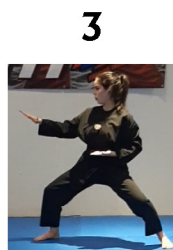
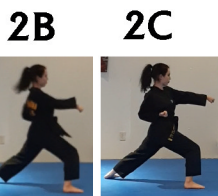
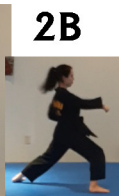
READY
STANCE



1
L.TURN 90° L
L BACK STANCE
DOUBLE KNIFE
MIDDLE BLOCK



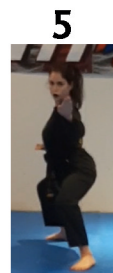
2A
R FRONT KICK
R. LONG STANCE
R. PUNCH/ L. PUNCH



3
R TURN 180° R
R. BACK STANCE
DOUBLE KNIFE
MIDDLE BLOCK



4C
4B
L FRONT KICK
L LONG STANCE
L. PUNCH/ R PUNCH



5
L TURN 90° L
L HORSE STANCE
DOUBLE KNIFE
MIDDLE BLOCK



6
R STEP FORWARD
HORSE BACK STANCE
R PUNCH



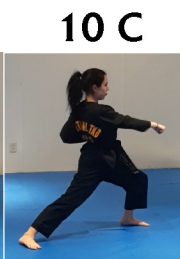
7
L STEP FORWARD
HORSE BACK STANCE
L PUNCH



8A
8B
8C
R STEP FORWARD
HORSE BACK STANCE
R PUNCH/L PUNCH/R PUNCH



9
R TURN L 90°
R BACK STANCE
DOUBLE KNIFE HAND
MIDDLE BLOCK



10 A
10 B
10 C
L FRONT KICK
L LONG STANCE
L PUNCH/R PUNCH

L TURN L 90°
HORSE BACK STANCE
DOUBLE KNIFE HAND
MIDDLE BLOCK



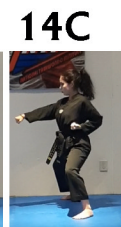
11



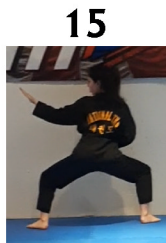
12
R STEP FORWARD
HORSE BACK STANCE
R PUNCH



13
L STEP FORWARD
HORSE BACK STANCE
L PUNCH



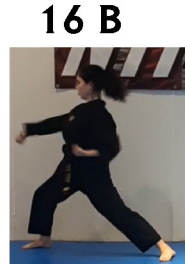
14A
14B
14C
R STEP FORWARD
HORSE BACK STANCE
R PUNCH/L PUNCH/R PUNCH



15
L TURN L 90°
L BACK STANCE
DOUBLE KNIFE
MIDDLE BLOCK



16 C



16 B



16 A



R COMES BACK
READY STANCE