"I come to you with only Karate, empty hands, I have no weapons, but should I be forced to defend myself, my principles, or my honor; should it be a matter of life or death, or right or wrong; then here are my weapons Karate, my empty hands."

--Ed Parker

NAME: _____

PHONE: _____

GREEN BELT

Ed Parker's Kenpo Karate

INTERNATIONAL KENPO KARATE ASSOCIATION

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GREEN BELT PLEDGE

I pledge a continued effort to sharpen my skills, to increase my knowledge, and to broaden my horizons. I shall obligate myself under the direction of my instructor to learn the skills of a teacher which will enable me to teach my skills in the prescribed manner outlined by Mr. Ed Parker.

SYNONYMS

There are no new synonyms in the Green Belt techniques. They primarily contain the same words and meanings as those already mentioned in the Orange, Purple, and Blue Belt techniques.

SAYINGS

Action with effect keeps an opponent in check.

Accuracy must accompany speed, for it takes both to secure victory.

To desire something does not mean to accomplish it. To perspire for it makes accomplishment a reality.

Although belt colors show, it is no proof that you know.

Will power is the hammer that drives action.

Sophistication is no more than simplicity compounded.

Principles of motion take precedent over the sequence of motion.

NOTES

Green Belt techniques require a single crossover and a double cover out.

GREEN BELT REQUIREMENTS

TECHNIQUES		✓
1.	Obscure Claws (Right flank -- left hand shoulder grab)	
2.	Encounter with Danger (Front -- two-hand push)	
3.	Circling Destruction (Front -- left step-through punch)	
4.	Detour from Doom (Front -- right roundhouse kick)	
5.	Squatting Sacrifice (Rear -- bear hug, arms free)	
6.	Escape from Death (Rear -- right-arm choke)	
7.	Brushing the Storm (Right flank -- right overhead club)	
8.	Menacing Twirl (Rear -- left hand belt grab)	
9.	Leap from Danger (Rear -- two-hand push)	
10.	Circles of Protection (Front -- right step-through overhead punch)	
11.	Circle of Doom (Front -- right straight kick)	
12.	Broken Gift (Handshake)	
13.	Heavenly Ascent (Front -- two-hand choke, arms straight)	
14.	Capturing the Storm (Front -- right overhead club)	
15.	Conquering Shield (Front --left stiff-arm lapel grab)	
16.	Taming the Mace (Front -- right step-through punch)	
17.	Twirling Sacrifice (Full nelson)	
18.	Cross of Death (Front -- two-hand cross choke)	
19.	Securing the Storm (Front -- right roundhouse club)	
20.	Intercepting the Ram (Front -- tackle)	
21.	Kneel of Compulsion (Right flank -- right step-through punch)	
22.	Clipping the Storm (Front -- right thrusting club)	
23.	Glancing Wing (Front -- left uppercut punch)	
24.	Back Breaker (Right flank -- right step-through punch)	

FORMS & SETS		✓
1.	Short Form 3 (Right & Left sides)	
2.	Coordination Set 2	
3.	Personal Form	