

FORM: NTI 5

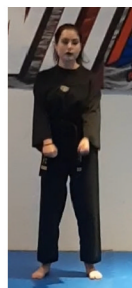
HIGH GREEN BELT REQUIRMENTS:

F.KICK/ R.KICK/ STEP SIDE KICK/

SECONDRY RULES 1-5:

BREAKING : STEP HOOK KICK

SELF DEFENSE: 13 AND ABOVE



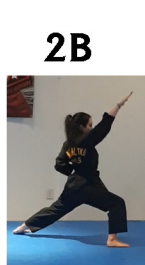
READY
STANCE



1
L.TURN 90* L
L BACK STANCE
TWIN KNIFE
HAND BLOCK



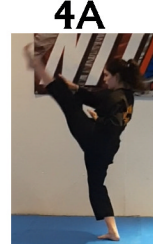
2A
R FRONT KICK
R. LONG STANCE
R. HIGH SPEAR FINGERS



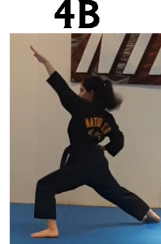
2B



3
R TURN 180* R
R. BACK STANCE
TWIN KNIFE
HAND BLOCK



4A
L.FRONT KICK
L LONG STANCE
L SPEAR FINGERS



4B



5
L TURN 90* L
L LONG STANCE
KNIFE HAND HIGH
STRIKE



6A



6B



6C

R FRONT KICK
R BACK STANCE
DOUBLE KNIFE MIDDLE
BLOCK/L PUNCH



7A



7B



7C

L FRONT KICK
L BACK STANCE
DOUBLE KNIFE MIDDLE
BLOCK/R PUNCH

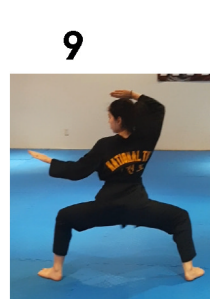


8A



8B

R SIDE KICK
R BACK STANCE
DOUBLE KNIFE HAND
MIDDLE BLOCK



9

L TURN L 90*
L BACK STANCE
KNIFE HAND HIGH STRIKE



10 A



10 B

R FRONT KICK
R. LONG STANCE
R. HIGH SPEAR FINGERS



11

R TURN R 180*
R BACK STANCE
TWIN KNIFE HAND BLOCK



12A



12B

L.FRONT KICK
L LONG STANCE
L SPEAR FINGERS



13

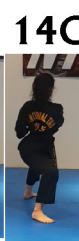
L TURN L 90*
L LONG STANCE
KNIFE HAND HIGH
STRIKE



14A



14B



14C

R FRONT KICK
L BACK STANCE
DOUBLE KNIFE HAND
MIDDLE BLOCK/R PUNCH



15A



15B

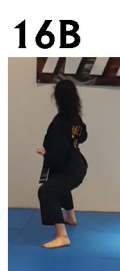


15C

L FRONT KICK
L BACK STANCE
DOUBLE KNIFE MIDDLE
BLOCK/R PUNCH

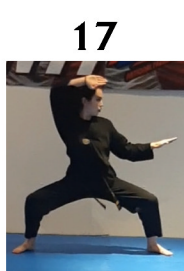


16A



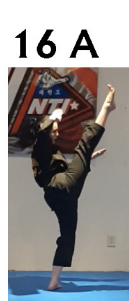
16B

R SIDE KICK
R BACK STANCE
DOUBLE KNIFE HAND
MIDDLE BLOCK



17

L TURN L 90*
L BACK STANCE
KNIFE HAND HIGH STRIKE

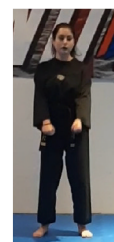


16 A



16 B

R FRONT KICK
R. LONG STANCE
R. HIGH SPEAR FINGERS



R COMES BACK
READY STANCE