



GREEN BELT

Green Belt represents the plant of knowledge and signifies growth as the plant sprouts from the seed and begins reaching toward the sun. Green Belt can be thought of as a time of significant transition from a seedling beneath the earth to a plant that has sprouted and begins exploring new possibilities.

GREEN BELT CURRICULUM - TAEKWONDO / MUAY THAI

1. Muay Thai Offense
 - Long Range Knee #1
 - Long Range Knee #2
 - Long Range Knee #3
2. Muay Thai Defense
 - Hip Turn to Counter Curve Knee

GREEN BELT CURRICULUM - JUN FAN / JEET KUNE DO

1. Hinge Principle
2. Ball and Socket Principle
3. Lop Sao Cycle

GREEN BELT CURRICULUM - KALI / ESKRIMA / SILAT

1. Amarra
 - 4 Count Kewayan
 - 5 Count Kewayan
2. KDM - Lock Flow 2
3. Numerado
4. Panastas

