

# GREEN STRIPE



## *Form*

Kyuki Yee Chang (31 movements)  
Spark Mental. Kyuki-do's ability to awaken the mental potential within each of us.

## *Blocks*

Augmented Scooping Block  
Wedge Block  
Parry Block

## *Stances*

Fixed Stance

## *Self-Defense*

Tackle Defense (Sprawl)

## *Strikes*

Reverse Punch  
Back Fist Strike  
Back Leg In-Out Crescent Kick  
Back Leg Out-In Crescent Kick  
Sparring Roundhouse Kick

## *Grappling*

Rolling Break Fall  
Rolling Standing Break Fall  
Elbow Escape (mount defensive)