

GREEN BELT



Form

Kyuki Sam Chang (29 movements)

Spark Physical. Kyuki-do's ability to awaken the physical potential within each of us.

Blocks

Single Knife Hand Block
Low X Block
High X Block

Stances

All Previous Stances

Self-Defense

Haymaker Defense with Takedown

Strikes

Knife Hand Strike
Elbow Strike
Step Up Snap Kick
Step Up Roundhouse Kick

Grappling

Kesa Gatame (Pin One)
Kata Gatame (Pin Two)
Punch Block Defense One, Two and Three (From Guard Position)