

# GREEN/BROWN TEST

## THROWS (X5)

- OUTSIDE WRIST
- INSIDE WRIST
- FRONT WRIST TAKEDOWN
- OUTSIDE ELBOW
- INSIDE ELBOW
- FRONT ELBOW
- OUTSIDE S. BEHIND
- INSIDE S. BEHIND
- OUTSIDE NECK
- INSIDE NECK
- FRONT NECK
- LEG SWEEP/OUTSIDE
- LEG SWEEP/ INSIDE
- FRONT/INSIDE LEG SWEEP
- HIP
- SHOULDER

## FORMS

- PINAN 4
- STATURE OF THE CRANE
- WEAPON

## KICKING (X20)

- FRONT (J)
- SIDE (J)
- ROUND (J)
- T. BACK (J)
- CRESCENT (J/SP, J/D)
- AX (J)
- SPIN HOOK
- STEP BEHIND HOOK
- SIDE AX

## DEFENSIVE MANEUVERS

### (X10)

- 10,11,15,16,17,26

## SELF DEFENSE (X10)

- STRAIGHT KNIFE
- FOREHAND KNIFE
- BACKHAND KNIFE
- OVERHEAD KNIFE
- GROUND CHOKE BACK
- GROUND 2 WRIST STOMACH