

GREEN BELT PERFORMANCE TEST

NAME _____ RANK _____ SSN _____ DATE _____

Sustainment (Previous Ranks)

- | | | | |
|-------------------|------|------|-----------|
| 1. Technique #1 | Pass | Fail | Remediate |
| 2. Technique #2 | Pass | Fail | Remediate |
| 3. Technique #3 | Pass | Fail | Remediate |
| 4. Technique #4 | Pass | Fail | Remediate |
| 5. Technique #5 | Pass | Fail | Remediate |
| 6. Technique #6 | Pass | Fail | Remediate |
| 7. Technique #7 | Pass | Fail | Remediate |
| 8. Technique #8 | Pass | Fail | Remediate |
| 9. Technique #9 | Pass | Fail | Remediate |
| 10. Technique #10 | Pass | Fail | Remediate |

***Sustainment**- Student can miss only 1 technique (90%) in order to continue. **Pass** ___ **Fail** ___
If a student fails testing he must wait a minimum of a day to retest.

a. Bayonet (Blunt Bayonet Trainer)

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|---|------|------|-----------|
| 1. Execute a disrupt while closing with a moving opponent | Pass | Fail | Remediate |
| 2. Execute a thrust while closing with a moving opponent | Pass | Fail | Remediate |
| 3. Execute a butt-stroke offline w/ opponent | Pass | Fail | Remediate |

b. Muscular Gouging

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|--|------|------|-----------|
| 1. Identify 5 target areas for gouging | Pass | Fail | Remediate |
| 2. Demonstrate muscular gouging | Pass | Fail | Remediate |

c. Side Choke

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|-------------------------|------|------|-----------|
| 1. Execute a side choke | Pass | Fail | Remediate |
|-------------------------|------|------|-----------|

d. Shoulder Throw

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|-----------------------------|------|------|-----------|
| 1. Execute a shoulder throw | Pass | Fail | Remediate |
|-----------------------------|------|------|-----------|

e. Counters. to Strikes

- | | | | |
|---------------------------------------|------|------|-----------|
| 1. Execute a counter to a round kick | Pass | Fail | Remediate |
| 2. Execute a counter to a round punch | Pass | Fail | Remediate |

f. Unarmed Restraints

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|--|------|------|-----------|
| 1. Execute enhanced pain compliance | Pass | Fail | Remediate |
| 2. Execute a reverse wrist-lock come-along | Pass | Fail | Remediate |
| 3. Execute a controlling technique | Pass | Fail | Remediate |

g. Knife Techniques

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|--|------|------|-----------|
| 1. Execute a block for vertical strike with Follow-on techniques | Pass | Fail | Remediate |
| 2. Execute a block for forward strike with Follow-on techniques | Pass | Fail | Remediate |

h. Nonlethal Baton Techniques

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|--|------|------|-----------|
| 1. Execute a two-handed forward strike | Pass | Fail | Remediate |
| 2. Execute a two-handed reverse strike | Pass | Fail | Remediate |
| 3. Execute a rear jab | Pass | Fail | Remediate |
| 4. Execute a front jab | Pass | Fail | Remediate |
| 5. Execute a high block | Pass | Fail | Remediate |
| 6. Execute a low block | Pass | Fail | Remediate |

i. Weapons of Opportunity

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|------------------------------------|------|------|-----------|
| 1. Execute block for a Ver. strike | Pass | Fail | Remediate |
| 2. Execute block for a For. strike | Pass | Fail | Remediate |
| 3. Execute block for a Rev. strike | Pass | Fail | Remediate |

j. Ground Fighting

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|---------------------------------|------|------|-----------|
| 1. Execute the counter to mount | Pass | Fail | Remediate |
| 2. Execute the counter to guard | Pass | Fail | Remediate |

In order to obtain belt the student must score 70%, which is no more than 7 techniques. Each technique is worth 4 points. If a student fails testing he must wait a minimum of a day to retest.

Pass _____ **Fail** _____ **Percentage** _____

Instructor Name (printed) _____ **Date** _____

Instructor Signature _____ **Date** _____