

GREEN RANK

ESTIMATED
30-50 SESSIONS

The student has implemented thousands of combinations and is able to add angles of attack and defensive posturing before, during, and after each implementation at 75% power or intensity for 12 rounds.

HEAVY BAG COMBINATIONS

• Green Rank 1-3:

Repeat **BLUE RANK 1-3**, but replace beginning with:

- 1, 2, hook, reverse
- 1, 2, up, reverse
- 1, 2, up, hook with the same hand, reverse
- Alternate ending to **BLUE RANK 1-3**: double hook off the lead hand, close in reverse

• Green Rank 4:

Repeat **RED RANK 4**, but add the following endings:

- Spinning back kick + another back kick + hook kick
- Double hook off the lead hand, close in reverse

• Green Rank 5:

Repeat **BLUE RANK 5 TWICE** in the same breath. 30 moves in 1 exhale.

• Green Rank 6:

Repeat **BLUE RANK 6**, but add the following:

- Round house, spinning hook kick

• Green Rank 7:

1, 2, slide around, power reverse punch, slide around, round house, power reverse punch, slide home.

INTERVAL BAG DRILL (Eight-One Drill):

Repeat **BLUE INTERVAL BAG DRILL**, but add:

- Singles with extra reverse punch at the end

NEW MOVES INTRODUCED

Kicks:

- Lead leg side kick, hook kick, round house in 4's, 2's, and single mode in the air and on bag

Defensive Moves:

Be able to implement each drill in 4's on both sides in 3 minutes:

- Jab Drill using bob counter jab, rock counter reverse, slip hook
- Slide away, side kick, reverse
- Hook kick, spinning back hammer, bob
- Rock back, round house, Reverse

SHADOW BOXING (CHOREOGRAPHY)

- **Green Rank Practice Set 1:** REPEAT BLUE RANK PRACTICE SET 1, but implement all 12 moves in reps of 4, 2, or single mode. Student can take single mode “around the world” and transition to other side. Also, adding these moves:
 - Up jab, slap jab, back fist whip, reverse punch in 4’s
 - Alternating 4 punches, slip high 4, slip low 4
- **Green Rank Practice Set 2A:** REPEAT BLUE RANK PRACTICE SET 2, but use the following replacement while back stepping defensive moves:
 - Slip, slip, slip, bob, counter jab
- **Green Rank Practice Set 2B:** REPEAT BLUE RANK PRACTICE SET 2, but use the following replacement base moves:
 - Slip inside, slip hook, and adding bob, jab, bob, jab on the way back
 - Triple stepping forward, reverse. Leap step back with knee lift or side kick
- **Green Rank Practice Set 2C:** REPEAT BLUE RANK PRACTICE SET 2 in “around the world” pattern with double stepping using only the base move. Add knee lift home to begin transition move with a jumping knee switch.
- **Green Rank Practice Set 3 (implementing step drag technique):** Using the moves from RED RANK PRACTICE SET 1 in a fighting stance, step drag moving back with blocks and counter strikes forward in 4’s, 2’s and singles with immediate triangle transition with bobs.
- **Green Rank Practice Set 4:** Using repetition reduction down to single mode, double side step with:
 - Back hammer
 - Jumping elbow to the head
 - Elbow to the body
 - Knife hand to the groin
- **Green Rank Practice Set 5:** Back foot lunge drop with:
 - Double knuckle down
 - Side lunge with hammer
 - Alternating elbows to the head
 - Alternating elbows to the body
 - Knife hand to the groin

PARTNER DRILLS

- Perfect BLUE RANK PARTNER DRILLS
- Alternate kicking and appropriate defenses