

**GREEN BELT  
CURRICULUM B**

**CORE BASICS**

Blocking	Stick: "Golf" Swing, Back Swing
Striking	Stick: Forehand, Backhand
Kicking	Crescent Kicks, Axe Kick, Jump Side Kick, Spring Side Kick
Stance	Stick: On Guard "Pole"

**LINE DRILLS**

Stripe 1 #1	<b>On Guard:</b> Inside Crescent-Side Kick
Stripe 1 #2	<b>On Guard:</b> Inside Crescent-Outside Crescent Kick
Stripe 2 #1	<b>On Guard:</b> Inside Crescent-Outside Axe Kick
Stripe 2 #2	Forearm Block-Back Stance, Step Vertical Spearhand-Turn Step Horse Stance-Drop Hammerfist
Stripe 3 #1	<b>On Guard:</b> Spring Side Kick-Reverse Punch
Stripe 3 #2	Inside Crescent Kick, Horse Stance-Elbow Block, Drop Hammerfist
Stripe 4 #1	<b>On Guard:</b> Jump Side Kick-Backfist
Stripe 4 #2	<b>On Guard:</b> Reverse Punch, Side Kick, Skip Side Kick

**FORM - Pyung Ahn Sum Dan (pea-young on some don)**

Stripe 1 Section	1st 1/4
Stripe 2 Section	1st 1/2
Stripe 3 Section	1st 3/4
Stripe 4 Section	Entire Form

**STICK DEFENSE - Lower Forehand & Backhand Strikes**

Stripe 1	Blocking & Stepping
Stripe 2	Counters
Stripe 3	Disarms
Stripe 4	Give & Take

**HYUNG APPLICATION**

Sum Dan #1 (stripe 1)	<b>Center Punch:</b> (open 45°) Back Stance-Outside Block, <b>(Front Kick)</b> Step Forward Feet Together, Leg Deflect/Catch & Throw
Youth	<b>Center Punch:</b> (open 45°) Back Stance-Outside Block, <b>(Front Kick)</b> Step Forward Feet Together-Downward Block, Vertical Backfist
Sum Dan #2 (stripe 2)	<b>Center Punch:</b> Outside Soo Do Block, Step, Back Stance-Armbar, Circle Arm, Stepping Push, Vertical Spearhand, <b>(Wrist Grab)</b> Twist Step-Horse Stance-Drop Hammerfist Takedown
Sum Dan #3 (stripe 3)	<b>Front Kick:</b> (open) Inside Crescent Block, <b>(Jab)</b> Horse Stance, Elbow Block, Drop Hammerfist Strike
Sum Dan #4 (stripe 4)	<b>Center Punch:</b> (open 45°), Forward Stance-Outside Block, Step (45°) -Punch, <b>(Inside Block)</b> Wrist Grab , Step in & Back-Horse Stance, Hip Throw
Youth	<b>Center Punch:</b> (open 45°), Forward Stance-Outside Block, Step (45°) -Punch, <b>(Inside Block)</b> Inside Block-Step in & Back-Horse Stance, Rear Elbow Strike-Over the Shoulder Punch.

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**GREEN BELT  
CURRICULUM B**

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**1 STEP SPARRING**

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Stripe 1	<b>Center Punch: Inside Crescent-Side Kick</b>
Stripe 2	<b>Center Punch: Inside Crescent-Outside Crescent</b>
Stripe 3	<b>Center Punch: Inside Crescent-Outside Axe Kick</b>
Stripe 4	<b>Center Punch: Spring Side Kick-Reverse Punch</b>

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**SPARRING**

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Structured	<b>Attack:</b> 1 Technique - <b>Counter:</b> Angle 2
Structured	<b>Attack:</b> 3 Techniques - <b>Counter:</b> All Points
Free	Semi-Sparring
Free	Full Sparring

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**BOARD BREAK CHALLENGE**

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Jump Front Kick

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Elbow

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2 Board Break

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**GREEN BELT**  
**CURRICULUM B - STRIPE 1**

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**CORE BASICS**

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Blocking	<b>Stick: "Golf" Swing, Back Swing</b>
Striking	<b>Stick: Forehand, Backhand</b>
Kicking	Crescent Kicks, Axe Kick, Jump Side Kick, Spring Side Kick
Stance	Stick: On Guard "Pole"

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**LINE DRILLS**

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Stripe 1 #1	<b>On Guard:</b> Inside Crescent-Side Kick
Stripe 1 #2	<b>On Guard:</b> Inside Crescent-Outside Crescent Kick

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**FORM - Pyung Ahn Sum Dan (pea-young on some don)**

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Stripe 1 Section	1st 1/4
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**STICK DEFENSE - Lower Forehand & Backhand Strikes**

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Stripe 1	Blocking & Stepping
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**HYUNG APPLICATION**

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Sum Dan #1	<b>Center Punch:</b> (open 45°) Back Stance-Outside Block, <b>(Front Kick)</b> Step Forward Feet Together, Leg Deflect/Catch & Throw
Youth	<b>Center Punch:</b> (open 45°) Back Stance-Outside Block, <b>(Front Kick)</b> Step Forward Feet Together-Downward Block, Vertical Backfist

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**1 STEP SPARRING**

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Stripe 1	<b>Center Punch: Inside Crescent-Side Kick</b>
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**SPARRING**

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Structured	<b>Attack:</b> 1 Technique - <b>Counter:</b> Angle 2
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**GREEN BELT**  
**CURRICULUM B - STRIPE 2**

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**CORE BASICS**

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Blocking	<b>Stick: "Golf" Swing, Back Swing</b>
Striking	<b>Stick: Forehand, Backhand</b>
Kicking	<b>Crescent Kicks, Axe Kick, Jump Side Kick, Spring Side Kick</b>
Stance	<b>Stick: On Guard "Pole"</b>

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**LINE DRILLS**

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Stripe 2 #1	<b>On Guard:</b> Inside Crescent-Outside Axe Kick
Stripe 2 #2	Forearm Block-Back Stance, Step Vertical Spearhand-Turn Step Horse Stance-Drop Hammerfist

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**FORM - Pyung Ahn Sum Dan (pea-young on some don)**

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Stripe 2 Section	1st 1/2
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**STICK DEFENSE - Lower Forehand & Backhand Strikes**

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Stripe	Counters
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**HYUNG APPLICATION**

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Sum Dan #2	<b>Center Punch:</b> Outside Soo Do Block, Step, Back Stance-Armbar, Circle Arm, Stepping Push, Vertical Spearhand, <b>(Wrist Grab)</b> Twist Step-Horse Stance-Drop Hammerfist Takedown
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**1 STEP SPARRING**

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Stripe 2	<b>Center Punch: Inside Crescent-Outside Crescent</b>
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**SPARRING**

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Structured	<b>Attack:</b> 3 Techniques - <b>Counter:</b> All Points
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**GREEN BELT**  
**CURRICULUM B - STRIPE 3**

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**CORE BASICS**

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Blocking	Stick: "Golf" Swing, Back Swing
Striking	Stick: Forehand, Backhand
Kicking	<b>Crescent Kicks, Axe Kick, Jump Side Kick, Spring Side Kick</b>
Stance	Stick: On Guard "Pole"

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**LINE DRILLS**

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Stripe 3 #1	<b>On Guard:</b> Spring Side Kick-Reverse Punch
Stripe 3 #2	Inside Crescent Kick, Horse Stance-Elbow Block, Drop Hammerfist

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**FORM - Pyung Ahn Sum Dan (pea-young on some don)**

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Stripe 3 Section	1st 3/4
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**STICK DEFENSE - Lower Forehand & Backhand Strikes**

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Stripe 3	Disarms
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**HYUNG APPLICATION**

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Sum Dan #3	<b>Front Kick:</b> (open) Inside Crescent Block, ( <b>Jab</b> ) Horse Stance, Elbow Block, Drop Hammerfist Strike
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**1 STEP SPARRING**

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Stripe 3	<b>Center Punch: Inside Crescent-Outside Axe Kick</b>
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**SPARRING**

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Free	Semi-Sparring
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**GREEN BELT**  
**CURRICULUM B - STRIPE 4**

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**CORE BASICS**

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Blocking	Stick: "Golf" Swing, Back Swing
Striking	Stick: Forehand, Backhand
Kicking	Crescent Kicks, Axe Kick, <b>Jump Side Kick</b> , Spring Side Kick
Stance	Stick: On Guard "Pole"

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**LINE DRILLS**

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Stripe 4 #1	<b>On Guard:</b> Jump Side Kick-Backfist
Stripe 4 #2	<b>On Guard:</b> Reverse Punch, Side Kick, Skip Side Kick

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**FORM - Pyung Ahn Sum Dan (pea-young on some don)**

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Stripe 4 Section	Entire Form
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**STICK DEFENSE - Lower Forehand & Backhand Strikes**

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Stripe	Give & Take
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**HYUNG APPLICATION**

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Sum Dan #4	<b>Center Punch:</b> (open 45°), Forward Stance-Outside Block, Step (45°) -Punch, <b>(Inside Block)</b> Wrist Grab , Step in & Back-Horse Stance, Hip Throw
Youth	<b>Center Punch:</b> (open 45°), Forward Stance-Outside Block, Step (45°) -Punch, <b>(Inside Block)</b> Inside Block-Step in & Back-Horse Stance, Rear Elbow Strike-Over the Shoulder Punch.

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**1 STEP SPARRING**

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Stripe 4	<b>Center Punch: Spring Side Kick-Reverse Punch</b>
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**SPARRING**

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Free	Full Sparring
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**GREEN BELT  
CURRICULUM B - EXAM**

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**LINE DRILLS**

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Technique #1	Forearm Block-Back Stance, Step Vertical Spearhand-Turn Step Horse Stance-Drop Hammerfist
Technique #2	Inside Crescent Kick, Horse Stance-Elbow Block, Drop Hammerfist
Technique #3	<b>On Guard:</b> Inside Crescent-Side Kick
Technique #4	<b>On Guard:</b> Inside Crescent-Outside Crescent Kick
Technique #5	<b>On Guard:</b> Inside Crescent-Outside Axe Kick
Technique #6	<b>On Guard:</b> Spring Side Kick-Reverse Punch
Technique #7	<b>On Guard:</b> Jump Side Kick-Backfist
Technique #8	<b>On Guard:</b> Reverse Punch, Side Kick, Skip Side Kick

**FORM - Pyung Ahn Sum Dan (pea-young on some don)**

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**STICK DEFENSE - Lower Forehand & Backhand Strikes**

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Technique #1	Blocking & Stepping
Technique #2	Counters
Technique #3	Disarms
Technique #4	Give & Take

**HYUNG APPLICATION**

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Sum Dan #1	<b>Center Punch:</b> (open 45°) Back Stance-Outside Block, <b>(Front Kick)</b> Step Forward Feet Together, Leg Deflect/Catch & Throw
Youth	<b>Center Punch:</b> (open 45°) Back Stance-Outside Block, <b>(Front Kick)</b> Step Forward Feet Together-Downward Block, Vertical Backfist
Sum Dan #2	<b>Center Punch:</b> Outside Soo Do Block, Step, Back Stance-Armbar, Circle Arm, Stepping Push, Vertical Spearhand, <b>(Wrist Grab)</b> Twist Step-Horse Stance-Drop Hammerfist Takedown
Sum Dan #3	<b>Front Kick:</b> (open) Inside Crescent Block, <b>(Jab)</b> Horse Stance, Elbow Block, Drop Hammerfist Strike
Sum Dan #4	<b>Center Punch:</b> (open 45°), Forward Stance-Outside Block, Step (45°) -Punch, <b>(Inside Block)</b> Wrist Grab , Step in & Back-Horse Stance, Hip Throw
Youth	<b>Center Punch:</b> (open 45°), Forward Stance-Outside Block, Step (45°) -Punch, <b>(Inside Block)</b> Inside Block-Step in & Back-Horse Stance, Rear Elbow Strike-Over the Shoulder Punch.

**1 STEP SPARRING**

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Technique #1	<b>Center Punch: Inside Crescent-Side Kick</b>
Technique #2	<b>Center Punch: Inside Crescent-Outside Crescent</b>
Technique #3	<b>Center Punch: Inside Crescent-Outside Axe Kick</b>
Technique #4	<b>Center Punch: Spring Side Kick-Reverse Punch</b>

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**GREEN BELT**  
**CURRICULUM B - EXAM**

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**SPARRING**

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Structured                    **Attack:** 1 Technique - **Counter:** Angle 2

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Structured                    **Attack:** 3 Techniques - **Counter:** All Points

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Free                            Semi-Sparring

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Free                            Full Sparring

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**BOARD BREAK CHALLENGE**

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Jump Front Kick

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Elbow

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2 Board Break

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