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**GREEN BELT  
CURRICULUM C**

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**CORE BASICS**

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Blocking	Stick: Floor, Ceiling
Striking	Stick: Pokes - Elbow
Kicking	Knee, Jump Roundhouse, Switch Roundhouse
Stance	

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**LINE DRILLS**

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Stripe 1	Forward Stance-Upward Block, Reverse Rising Vertical Elbow, Step-Horse Stance-Lead Drop Elbow
Stripe 2	Horse Stance-Inside Block-Sliding Horizontal Elbow, Forward Stance-Reverse Horizontal Elbow
Stripe 3	Forward Stance-Break & Grab, Front Kick (pull kicking side hand), Forward Stance-Jab-Reverse Punch
Stripe 4	Back Stance-Forearm Block, Neck Grab-Reverse Rising Vertical Knee

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**FORM - Pyung Ahn Sa Dan (pea-young on saw don)**

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

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**STICK DEFENSE: Poke & Overhead**

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Stripe 1	Blocks & Stepping
Stripe 2	Counters
Stripe 3	Disarms
Stripe 4	Flow Drill

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**GREEN BELT  
CURRICULUM C**

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**HYUNG APPLICATION**

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Sa Dan #1	<b>Face Punch:</b> Open Hand Upward Block, Back Stance (closed)-Soo Do Strike, Step Back Feet Together, Wrist Lock, Step (45°) Forward Stance-Violin
Sa Dan #2	<b>Front Kick:</b> Forward Stance (open)-Low Cross Block, ( <b>Jab</b> ) Step Forward, Back Stance-Forearm Arm Bar, Step Back-Feet Together, Circle into Pull Down, Side Kick-Backfist, Forward Stance-Horizontal Elbow Strike.
Sa Dan #3	<b>Front Kick, Jab:</b> Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do Block, High Soo Do Chamber, ( <b>Jab</b> ) Pivot-High Block-Horizontal Soo Do Strike, Front Kick, ( <b>Reverse Punch</b> ) Downward Parry, Rear Cross Step-Drop Backfist Strike
Youth	<b>Front Kick, Jab:</b> Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do Block, High Soo Do Chamber, ( <b>Jab</b> ) Pivot, High Block, Horizontal Soo Do Strike
Sa Dan #4	<b>Lapel Grab:</b> Double Lapel Break-Pull & Kick, Clear Arm (in)-Reverse Punch, Clear Arm (out)-Back Stance-Punch, Forward Stance-Double Throat Thumb Strike, Neck Grab-Rising Vertical Knee Strike
Youth	<b>Lapel Grab:</b> Double Lapel Break-Pull & Kick, Jab-Reverse Punch

**1 STEP SPARRING**

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Stripe 1	<b>Center Punch: Inside Soo Do Block, Soo Do Strike, Neck Hook, Vertical Knee, Horse Stance, Drop Elbow</b>
Stripe 2	<b>Center Punch: Reverse Outside Soo Do Block, Horizontal Knee, Collar Takedown, Drop Knee Strikes</b>
Stripe 3	<b>Roundhouse Kick (Open): Reverse Double Side Block, Kick Capture, Shuffle Step, Takedown</b>
Stripe 4	<b>Roundhouse Kick (Closed): Double Side Block, Kick Capture, Shuffle Step, Takedown</b>

**SPARRING**

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

**BOARD BREAK CHALLENGE**

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- Elbow
- 2 Board Break - Kick
- 2 Board Break - Strike

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**GREEN BELT**  
**CURRICULUM C - STRIPE 1**

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**CORE BASICS**

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Blocking	<b>Stick: Floor, Ceiling</b>
Striking	<b>Stick: Pokes - Elbow</b>
Kicking	Knee, Jump Roundhouse, Switch Roundhouse
Stance	

**LINE DRILLS**

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Stripe 1	Forward Stance-Upward Block, Reverse Rising Vertical Elbow, Step-Horse Stance- Lead Drop Elbow
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**FORM - Pyung Ahn Sa Dan (pea-young on saw don)**

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Stripe 1 Section	1st 1/4
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**STICK DEFENSE: Poke & Overhead**

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Stripe 1	Blocks & Stepping
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**HYUNG APPLICATION**

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Sa Dan #1	<b>Face Punch:</b> Open Hand Upward Block, Back Stance (closed)-Soo Do Strike, Step Back Feet Together, Wrist Lock, Step (45°) Forward Stance-Violin
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**1 STEP SPARRING**

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Stripe 1	<b>Center Punch: Inside Soo Do Block, Soo Do Strike, Neck Hook, Vertical Knee, Horse Stance, Drop Elbow</b>
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**SPARRING**

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Structured	<b>Attack:</b> 1 Technique - <b>Counter:</b> Angle 3
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**GREEN BELT**  
**CURRICULUM C - STRIPE 2**

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**CORE BASICS**

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Blocking	Stick: Floor, Ceiling
Striking	Stick: Pokes - <b>Elbow</b>
Kicking	Knee, Jump Roundhouse, Switch Roundhouse
Stance	

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**LINE DRILLS**

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Stripe 2	Horse Stance-Inside Block-Sliding Horizontal Elbow, Forward Stance-Reverse Horizontal Elbow
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**FORM - Pyung Ahn Sa Dan (pea-young on saw don)**

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Stripe 2 Section	1st 1/2
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**STICK DEFENSE: Poke & Overhead**

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Stripe 2	Counters
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**HYUNG APPLICATION**

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Sa Dan #2	<b>Front Kick:</b> Forward Stance (open)-Low Cross Block, ( <b>Jab</b> ) Step Forward, Back Stance-Forearm Arm Bar, Step Back-Feet Together, Circle into Pull Down, Side Kick-Backfist, Forward Stance-Horizontal Elbow Strike.
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**1 STEP SPARRING**

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Stripe 2	<b>Center Punch: Reverse Outside Soo Do Block, Horizontal Knee, Collar Takedown, Drop Knee Strikes</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 C - STRIPE 3**

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**CORE BASICS**

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Blocking	Stick: Floor, Ceiling
Striking	Stick: Pokes - Elbow
Kicking	Knee, Jump Roundhouse, Switch Roundhouse
Stance	

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**LINE DRILLS**

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Stripe 3	Forward Stance-Break & Grab, Front Kick (pull kicking side hand), Forward Stance-Jab-Reverse Punch
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**FORM - Pyung Ahn Sa Dan (pea-young on saw don)**

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Stripe 3 Section	1st 3/4
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**STICK DEFENSE: Poke & Overhead**

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Technique #3	Disarms
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**HYUNG APPLICATION**

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Sa Dan #3	<b>Front Kick, Jab:</b> Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do Block, High Soo Do Chamber, ( <b>Jab</b> ) Pivot-High Block-Horizontal Soo Do Strike, Front Kick, ( <b>Reverse Punch</b> ) Downward Parry, Rear Cross Step-Drop Backfist Strike
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Youth	<b>Front Kick, Jab:</b> Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do Block, High Soo Do Chamber, ( <b>Jab</b> ) Pivot, High Block, Horizontal Soo Do Strike
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**1 STEP SPARRING**

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Stripe 3	<b>Roundhouse Kick (Open): Reverse Double Side Block, Kick Capture, Shuffle Step, Takedown</b>
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**SPARRING**

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

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**CORE BASICS**

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Blocking	Stick: Floor, Ceiling
Striking	Stick: Pokes - Elbow
Kicking	Knee, Jump Roundhouse, Switch Roundhouse
Stance	

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**LINE DRILLS**

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Stripe 4	Back Stance-Forearm Block, Neck Grab-Reverse Rising Vertical Knee
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**FORM - Pyung Ahn Sa Dan (pea-young on saw don)**

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Stripe 4 Section	Entire Form
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**STICK DEFENSE: Poke & Overhead**

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Stripe 4	Flow Drill
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**HYUNG APPLICATION**

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Sa Dan #4	<b>Lapel Grab:</b> Double Lapel Break-Pull & Kick, Clear Arm (in)-Reverse Punch, Clear Arm (out)-Back Stance-Punch, Forward Stance-Double Throat Thumb Strike, Neck Grab-Rising Vertical Knee Strike
Youth	<b>Lapel Grab:</b> Double Lapel Break-Pull & Kick, Jab-Reverse Punch

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**1 STEP SPARRING**

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Stripe 4	<b>Roundhouse Kick (Closed): Double Side Block, Kick Capture, Shuffle Step, Takedown</b>
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**SPARRING**

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

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**LINE DRILLS**

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Technique #1	Forward Stance-Upward Block, Reverse Rising Vertical Elbow, Step-Horse Stance-Lead Drop Elbow
Technique #2	Horse Stance-Inside Block-Sliding Horizontal Elbow, Forward Stance-Reverse Horizontal Elbow
Technique #3	Forward Stance-Break & Grab, Front Kick (pull kicking side hand), Forward Stance-Jab-Reverse Punch
Technique #4	Back Stance-Forearm Block, Neck Grab-Reverse Rising Vertical Knee

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**FORM - Pyung Ahn Sa Dan (pea-young on saw don)**

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**STICK DEFENSE: Poke & Overhead**

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Technique #1	Blocks & Stepping
Technique #2	Counters
Technique #3	Disarms
Technique #4	Flow Drill

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**HYUNG APPLICATION**

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Sa Dan #1	<b>Face Punch:</b> Open Hand Upward Block, Back Stance (closed)-Soo Do Strike, Step Back Feet Together, Wrist Lock, Step (45°) Forward Stance-Violin
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Youth	<b>Front Kick, Jab:</b> Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do Block, High Soo Do Chamber, ( <b>Jab</b> ) Pivot, High Block, Horizontal Soo Do Strike
Sa Dan #4	<b>Lapel Grab:</b> Double Lapel Break-Pull & Kick, Clear Arm (in)-Reverse Punch, Clear Arm (out)-Back Stance-Punch, Forward Stance-Double Throat Thumb Strike, Neck Grab-Rising Vertical Knee Strike
Youth	<b>Lapel Grab:</b> Double Lapel Break-Pull & Kick, Jab-Reverse Punch

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**GREEN BELT  
CURRICULUM C - EXAM**

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**1 STEP SPARRING**

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Technique #1	<b>Center Punch: Inside Soo Do Block, Soo Do Strike, Neck Hook, Vertical Knee, Horse Stance, Drop Elbow</b>
Technique #2	<b>Center Punch: Reverse Outside Soo Do Block, Horizontal Knee, Collar Takedown, Drop Knee Strikes</b>
Technique #3	<b>Roundhouse Kick (Open): Reverse Double Side Block, Kick Capture, Shuffle Step, Takedown</b>
Technique #4	<b>Roundhouse Kick (Closed): Double Side Block, Kick Capture, Shuffle Step, Takedown</b>

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**SPARRING**

---

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

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**BOARD BREAK CHALLENGE**

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- Elbow
- 2 Board Break - Kick
- 2 Board Break - Strike