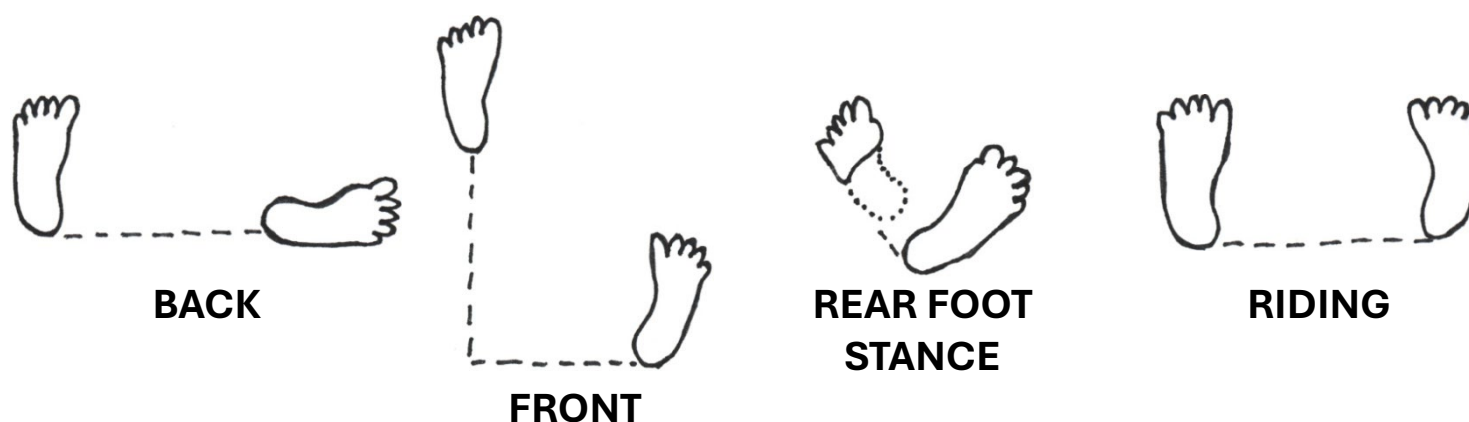


Green Belt Basics

STANCES

FOR GREEN BELT, CONCENTRATE ON THESE STANCES...



KICKS

PRACTICE ALL KNOWN KICKS. ADD...

*FRONT SNAP KICK *BACK LEG SIDE KICK

STRIKES/BLOCKS

PRACTICE ALL KNOWN STRIKES/BLOCKS. CONTINUE PRACTICING PROPER
TECHNIQUE & CHAMBERING. ADD...

*SPEAR FINGER * X-BLOCK *WEDGING BLOCK

KICKING COMBINATIONS

PRACTICE OVER & OVER ALL KNOWN COMBOS. ADD...

*FRONT SNAP LAND FORWARD – PUNCH - PUNCH

1 STEP SPARRING

*CONTINUE LEARNING 1 – 5

(INSTRUCTOR WILL TEACH MORE AS CLASS IS READY.)

TERMINOLOGY

*1 - 10 (IN KOREAN) *AIMS TO ACHIEVE *TKD PLEDGE *DEFINITION OF DO-
SAN (GREEN BELT)

ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.