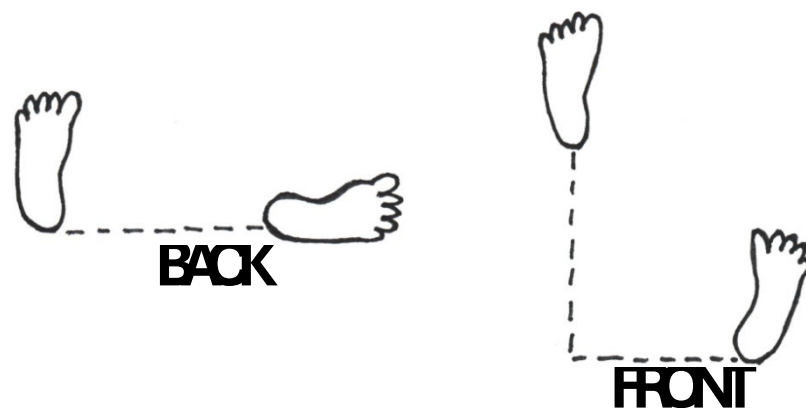


Green High Belt Basics

STANCES

FOR GREEN HIGH BELT, CONCENTRATE ON THESE STANCES...



KICKS

PRACTICE ALL KNOWN KICKS. CONCENTRATE ON...

*FRONT SNAP KICK *BACK LEG SIDE KICK

ADD... *NO STEP SIDE KICK (FEET TOGETHER)

STRIKES/BLOCKS

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

*CIRCLE BLOCK * GUARDING BLOCK

*COMBO: TWIN BLOCK-INWARD KNIFE-HAND- (CHAMBER)
SIDE PUNCH

KICKING COMBINATIONS

PRACTICE ALL KNOWN. INSTRUCTOR WILL ADD VARIATIONS.

1 STEP SPARRING

*CONTINUE LEARNING 1 – 5. LEARNING TO 10 AS ABLE.

TERMINOLOGY

*1 - 10 (IN KOREAN) *AIMS TO ACHIEVE *TKD PLEDGE *DEFINITION OF
WON-HYO (GREEN HIGH BELT)

ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.