

MARTIAL ARTS USA

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GREEN BELT Dragons and Teen/Adult REQUIREMENTS

FORMS:

Palgwe Sam Chang:

1. Turn left 90 degrees, front stance, low block with left hand
2. Step forward, front stance, punch to chest with right hand
3. Turn right 180 degrees, front stance, low block with right hand
4. Step forward, front stance, punch to chest with left hand
5. Turn left 90 degrees, front stance, low block with left hand
6. Step forward, front stance, high block with right hand
7. step forward, front stance, high block with left hand
8. Step forward, front stance punch to chest with right hand and
9. "KI YUP"
10. Turn left 270 degrees, back stance, double middle Soto
11. Step forward, back stance, double middle Soto
12. Turn right 180 degrees, back stance, double middle Soto
13. Step forward, back stance, double middle Soto
14. Turn left 90 degrees, back stance, "in to out" middle block with left hand
15. Turn right 180 degrees, back stance, "out to in" middle block with right hand
16. Step back, back stance "out to in" middle block with left hand
17. Step back, back stance, "out to in" middle block with right hand
18. Step back, back stance "out to in" middle block with left hand
19. Turn right 180 degrees, back stance "in to out" middle block with right hand
20. Turn left 270 degrees, front stance, high block with left hand
21. Step forward, front stance, face punch with right hand
22. Turn right 180 degrees, front stance, high block with right hand
23. Step forward, front stance, face punch with left hand and "KI YUP"

ONE STEPS:

1-9

SELF DEFENSE:

Ground Combat stance & Kicks

FALLING TECHNIQUES:

Rolling

KICKS:

Spinning Hook Kick

SPARRING: Combo # 3 Round Back Round

TERMINOLOGY:

Basic Hand Strikes:

Chung kwon - Fist

Gap Kwon – Back Fist

Yuk Soo – Ridge Hand

Kwon Soo – Spear Hand

Sudo - Chop