

MARTIAL ARTS USA

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GREEN BELT (LITTLE DRAGONS)

REQUIREMENTS

FORM:

Kibon Sam Hyung:

1. Turn left 90 degrees, back stance, middle block with left hand
2. Step forward, front stance, stomach punch with right hand
3. Turn right 180 degrees, back stance, middle block with right hand
4. Step forward, front stance, stomach punch with left hand
5. Turn left 90 degrees, front stance, low block with left hand
6. Step forward, side horse stance, punch with right hand
7. Step forward, side horse stance, punch with left hand
8. Step forward, side horse stance, punch with right hand and "KI YUP"
9. Turn left 270 degrees, back stance, middle block with left hand
10. Step forward, front stance, stomach punch with right hand
11. Turn right 180 degrees, back stance, middle block with right hand
12. Step forward, front stance, stomach punch with left hand
13. Turn left 90 degrees, front stance, low block with left hand
14. Step forward, side horse stance, punch with right hand
15. Step forward, side horse stance, punch with left hand
16. Step forward, side horse stance, punch with right hand and "KI YUP"
17. Turn left 270 degrees, back stance, middle block with left hand
18. Step forward, front stance, stomach punch with right hand
19. Turn right 180 degrees, back stance, middle block with right hand
20. Step forward, front stance, stomach punch with left hand

SELF DEFENSE:

Spear Tactic

TRADITIONAL BLOCKING:

Bakuro Maki- In to out block

ONE STEPS:

1-5

KICKS:

Di doryu chagi- Spinning Hook Kick