

# MARTIAL ARTS USA

822 Petaluma Blvd, Petaluma, CA 94952



## 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 "KI YUP"
9. Turn left 270 degrees, back stance left foot lead, double middle Sudo
10. Step forward, back stance right foot lead, double middle Sudo
11. Turn right 180 degrees, back stance right foot lead, double middle Sudo
12. Step forward, back stance left foot lead, double middle Sudo
13. Turn left 90 degrees, back stance, "in to out" middle block with left hand
14. Turn right 180 degrees, back stance, "out to in" middle block with right hand
15. Step back, back stance "out to in" middle block with left hand
16. Step back, back stance, "out to in" middle block with right hand
17. Step back, back stance "out to in" middle block with left hand
18. Turn right 180 degrees, back stance "in to out" middle block with right hand
19. Turn left 270 degrees, front stance, high block with left hand
20. Step forward, front stance, **under the nose punch** with right hand
21. Turn right 180 degrees, front stance, high block with right hand
22. Step forward, front stance, **under the nose 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