

GREEN BELT REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Heel Kick (front leg)
Front Upward Punch

PATTERN: TAE UM OH JUL

(Ready Stance to Front Stance) Open Hand Outward Block, Rear Punch, Rear Leg Side Kick, Side Fist Strike, Rear Punch, Front Round Punch, Dodge, Front Round Punch.

COMBINATION

(Front Stance) Open Hand Outward Block, Rear Punch, Rear Leg Side Kick, Side Fist Strike, Rear Punch, Front Round Punch, Dodge, Front Round Punch.

SPEED DRILL #3

(Front Stance) Move Forward, Front Punch, Rear Punch, Round Punch, Front Leg Swing Kick

DEFENSE DRILL

Movement: Free
Attack: (From Hands Down Stance) Single hand or foot technique
Defense: Block initial attack and counter attack with any 3 - 5 techniques

AIR SHIELD

From hands Down Stance Air Shield Attack with free movement

POWER TEST

Front Round Punch