

GREEN BELT SENIOR REQUIREMENTS

MINIMUM REQUIREMENTS

7 Weeks and 14 classes since last test

NEW TECHNIQUES

Heel Kick (rear leg)

Rear Upward Punch

PATTERN: TAE UM OH JANG

(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.

Last Direction: Add Rear Punch

Turning is performed by pivoting on both feet.

Turn towards the right during Right Side and turn towards the left during Left Side.

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, Rear 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

Side Kick Rear Leg.

CLOSE RANGE (ADULT ONLY)

Lapel Grab with Impending Punch.