

EE DAN GREEN REQUIREMENTS

MINIMUM REQUIREMENTS

24 Weeks and 48 classes since last test. Assist in 24 classes since last test.

NEW TECHNIQUES

Sliding Front Foot Crescent Kick

Sliding Front Foot Twisting Kick

Sliding Rear Foot Front Kick

PATTERN: OH HENG SAM JANG

Turning to the right, step back with the left foot into right front stance; inward block(OH), RP, UpP, Rev Palm body block, heel kick(front), FP, RP, vertRndP, dodge, vertRndP(def).

Step with right foot into a left front stance facing in the opposite direction; inward block(OH), RP, UpP, Rev Palm body block, heel kick(front), FP, RP, vertRndP, dodge, vertRndP(def).

Turn to the right into a right front stance, inward block, RP, double forearm block to the left, RP, dRevSwK(rear), RP.

Inward block, RP, double forearm block to the right, RP, dRevSwK(rear), RP.

SK (land in right sitting stance), KH, RevSwK / SwK(front), FP, RP, RndP(def).

Turn in opposite direction; SK (land in right sitting stance), KH, RevSwK / SwK(front), FP, RP, RndP(def).

SwK(front), spinning RevSwK, KH, RP, inward block, SwK(front), spinning RevSwK, KH, RP, Inward block, RP, RndP, KH, RP, dodge, RP, RevKH.

Two step turn into opposite direction into a right front stance; RP, RndP, KH, RP, dodge, RP, RevKH(forward).

Front foot steps to rear foot to Paro.

EE DAN GREEN REQUIREMENTS (CONTINUED)

COMBINATION

Open hand inward block, rear punch, double fore arm block, rear punch, double reverse swing kick (rear leg), rear punch.

SPEED DRILL # 1-16

DEFENSE DRILL

Number of Attackers: Three

Attack: Arrange yourselves and determine initial attacker and what each attacker is attacking with.

Defense: Close eyes while attackers set up. Open eyes when attackers are ready once eyes are open attackers count to 5 and attack. Student must defend all three attackers attempting to line them up in a straight line.

AIR SHIELD ATTACK

3 on 1 air shield attack drill. Begin with eyes closed allowing shield holders to set up. Open eyes and shield holders count to 5 and attack. (Attempt to line shields up into a straight line)

POWER TEST

Sliding front leg crescent kick, sliding front leg twisting kick, sliding rear leg front kick