

Green Belt Curriculum (6th Grade / 6th Kup)

FUNDAMENTAL STRIPE REQUIREMENTS

- 👊 L-Stance High Inward Knife-hand Strike
- 👊 Fixed Stance Middle Obverse Punch
- 👊 Bending Ready Stance A
- 👊 Walking Stance Middle Inner Forearm Circular Block

KICKING STRIPE REQUIREMENTS

- 👊 180° Reverse Hooking Kick (from an L-Stance Middle Forearm Guarding Block)
- 👊 Jumping Side Piercing Kick (from an L-Stance Middle Forearm Guarding Block)
- 👊 Jumping 180° Back Piercing Kick (from an L-Stance Middle Forearm Guarding Block)

PATTERN STRIPE REQUIREMENTS

- 👊 Won-Hyo Tul (Pattern Won-Hyo)

SPARRING STRIPE REQUIREMENTS

- 👊 2-Step Sparring #3
- 👊 2-Step Sparring #4
- 👊 Moving Drill #5: U-Shape Step (*avoid the opponent's kick in a U-Shape style step*)
- 👊 Semi-Free Sparring Drill
- 👊 Free Sparring (appropriate gear is required)

SELF-DEFENSE STRIPE REQUIREMENTS

- 👊 Defend against (and capture) a Front Snap Kick
 - * *Students must be able to perform on both sides*
- 👊 Release (and counter) from a Side Headlock
 - * *Students must be able to perform on both sides*
- 👊 Forward Rolls after being pushed
- 👊 Backward Rolls after being pushed
 - * *The performer must be able to stand up at the end of the roll and prepare to defend*

BREAKING REQUIREMENTS

- 👊 Downward Kick
- 👊 Knife-hand Downward Strike