

Green Stripe Curriculum (7th Grade / 7th Kup)

FUNDAMENTAL STRIPE REQUIREMENTS

- 👊 Walking Stance High Outer Forearm Side Block
- 👊 Walking Stance Straight Fingertip Thrust
- 👊 Walking Stance High Backfist Side Strike
- 👊 Walking Stance High Outer Forearm Wedging Block
- 👊 Sitting Stance Middle Knife-hand Side Strike

- 👊 Releasing Movement
- 👊 Fast Motion

KICKING STRIPE REQUIREMENTS

- 👊 Back Piercing Kick (from a Parallel Stance & Walking Stance)
 - 👊 180° Back Piercing Kick (from an L-Stance Middle Forearm Guarding Block)
 - 👊 Jumping Turning Kick (from an L-Stance Middle Forearm Guarding Block)
- * this kick should be performed with two foot take off AND scissor motion*
- 👊 Turning Kick and then 180 Back Piercing Kick (each kick is performed with a different leg)
 - 👊 Side Piercing Kick & 180 Back Piercing Kick (each kick is performed with a different leg)

PATTERN STRIPE REQUIREMENTS

- 👊 Do-San Tul (Pattern Do-San)

SPARRING STRIPE REQUIREMENTS

- 👊 2-Step Sparring #1
- 👊 2-Step Sparring #2
- 👊 Moving Drill #4: Shift Sideways
(Shift the stance and move sideways)
- 👊 Counter Attack a Side Piercing Kick - using a scissor motion Jumping Turning Kick
(for same height or shorter opponent - shift/jump backwards & for taller opponent - shift/jump to the side rear)
- 👊 Counter Attack a Turning Kick - using 180 Back Piercing Kick
- 👊 Semi-Free Sparring Drill
- 👊 Free Sparring (appropriate gear is required)

SELF-DEFENSE STRIPE REQUIREMENTS

- 👊 Bearhug (opponent grabbing from behind)
 - 👊 Forward Rolls
 - 👊 Backward Rolls
- * The performer must be able to stand up at the end of the roll*

BREAKING REQUIREMENTS

- 👊 Turning Kick
- 👊 Side Fist Side Strike