

# Victory Martial Arts

## Green Belt Requirements

1. All White Belt, Yellow Belt, and Orange Belt Requirements.

2. Form Name.....Won-Hyo

Number of Movements.....28

Definition.....Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.

3. Terminology

Middle Punch.....Jung-Dan Jiye-Ghee

High Punch.....Sang-Dan Jiye-Ghee

Knife Hand Block.....Soo-Do Mak-Ghee

Front Leg Limbering Up.....Appo-Lo Bal-Oi Leg-Ghee

Side Leg Limbering up.....Yuhp Po-Lo Bal-Oi Leg-Ghee

Back Turn Side Kick.....Duie Yuhp Cha-Ghee

Reverse Punch.....Yuk-Jin

Spear Hand.....Kwan Soo

4. Meaning of the Belt: green belt means "a plant growing from the ground" 5.

Three reasons to Ki-Ap are:

1) to scare your opponent

2) to increase your power

3) to prevent the wind from being knocked out

6. Performance

Won-Hyo

20 one-steps

Sparring