



Deputy Green
(Minimum 35 classes)

Form: **TAN-GUN** (21-moves): Is named after the holy Tan-Gun, the legendary founder of Korea in the year 2333 B.C. (Left Foot Returns)

- Combos:**
1. Foot-To-Foot Hook Kick, Front Backfist, Back Punch
 2. Back Punch, Back Leg Hook Kick, Front Backfist
 3. Foot-To-Foot Roundhouse Kick, Foot-To-Foot Sidekick, Front Punch, Back Punch
 4. Front Punch, Spin Sidekick, Back Ridgehand

**Traditional
One-Step:**

1. Right Leg Inside Crescent Kick(touch leg down), Right Leg Sidekick to Stomach, Right Jab to Face, Left Reverse Punch to Solar Plexus, Prepare Position.
2. Step at angle to Left in Riding Stance, Left Hand Side Palm Block, Right Punch to Ribs, Left Punch to Ribs, Right Punch to Face.
3. Slap up their Punch, Right Leg Front Kick to Groin, Grab Head With Left Hand and pull down, Right Elbow to Back of Head.
4. Right Inside Block into a Spin, Left Elbow to Solar Plexus in Riding Stance, Left Backfist to Nose, Left Hammerfist to Groin.

Sparring: Point Sparring

**Physical
Conditioning:** Standard Push-Ups
Double Knee Sit-Ups

**Character &
Attitude:**

Breaking: 1. Palm Heel 2. Sidekick



Deputy Green Belt / Mighty-Mites
(Each test requires minimum of 10 classes)

1st Green Stripe: Combinations

1. Foot-To-Foot Hook Kick, Front Backfist, Back Punch
2. Back Punch, Back Leg Hook Kick, Front Backfist

2nd Green Stripe: Combinations

3. Foot-To-Foot Roundhouse Kick, Foot-To-Foot Sidekick, Front Punch, Back Punch
4. Front Punch, Spin Sidekick, Back Ridgehand

3rd Green Stripe: Traditional 1-Step Self-Defense

Starting position: Chunbe

Notes: Attacker steps right foot forward in front stance, executing front punch towards head.

Defender yells, 'Sa!' on every move and yells, 'Hiyah!' on last move.

Defender holds the last technique for 2 seconds, signaling they have finished.

1. Right Leg Rainbow Kick(touch leg down), Right Leg Sidekick to Stomach, Right Front Punch to Face, Left Back Punch to Solar Plexus, Prepare Position.
2. Step at angle to Left in Riding Stance, Left Hand Side Palm Block, Right Punch to Ribs, Left Punch to Ribs, Right Punch to Face.

4th Green Stripe: Traditional 1-Step Self-Defense

3. Slap up their Punch, Right Leg Front Kick to Groin, Grab Head With Left Hand and pull down, Right Elbow to Back of Head.
4. Right Inside Block into a Spin, Left Elbow to Solar Plexus in Riding Stance, Left Backfist to Nose, Left Hammerfist to Groin.

Deputy Green Belt: All of the above in addition to:

Push-ups & Double-Knee Sit-ups

Board Break: Palm Heel, Sidekick

TAN-GUN(21-moves): Is named after the holy Tan-Gun, the legendary founder of Korea in the year 2333 B.C. (Left Foot Returns)