



Green Belt
(Minimum 35 classes)

Form: **TO-SAN** (24 - moves) : Is the pseudonym of the patriot Ahn Ch'ang-ho who devoted his entire life to furthering the education of Korea and its independence movement. (Right Foot Returns)

Chux Basic 2

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

**Traditional
One-Step:**

1. Step at angle to Right in Riding Stance, Left-Hand Single Knife Hand Block, Simultaneously Right Inside Knife Strike to the Left side of the neck, then Outside Knife Strike to the Right side, Left Elbow to Face, Prepare Position.
2. Step Left Foot forward in Back Stance, Left Hand Single Knife Hand Block, Right Spin Side Kick, Right Hand Backfist, Prepare Position.
3. Step to Left, Right-Hand Single Knife Hand Block, Grab Arm, Right Leg Roundhouse Kick to Stomach, Left Inside Forearm Strike to Right Elbow, Right Hand Ridgehand Strike to Neck, Prepare Position.
4. Step forward w/ Left Foot, Left Hand Cross Block into Arm Lock, Right Hand Palm Heel Chin, Right Knee Groin.

Sparring: Point Sparring

**Physical
Conditioning:** Standard Push-Ups
V-Sit-Ups

**Character &
Attitude:** Write and Submit Your Own Poem

Breaking: 1. Spin Sidekick 2. Back Elbow



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

1st Green Stripe: Combinations

1. Front Punch, Back Punch, Back Leg Roundhouse Kick, Spin Sidekick, Back Ridgehand
2. Back Leg Double Sidekick, Spin Sidekick, Back Punch

2nd Green Stripe: Combinations

3. Foot-To-Foot Hook Kick / Roundhouse Kick, Front Backfist, Back Ridgehand
4. Back Leg Front Kick / Roundhouse Kick, Jump Back Leg Roundhouse Kick, Front Punch, Back Punch

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

Starting position: Chunbe

Notes: Same as previous test.

1. Step at angle to Right in Riding Stance, Left-Hand Single Knife Hand Block, Simultaneously Right Inside Knife Strike to the Left side of the neck, then Outside Knife Strike to the Right side, Left Elbow to Face, Prepare Position.
2. Step Left Foot forward in Back Stance, Left Hand Single Knife Hand Block, Right Spin Side Kick, Right Hand Backfist, Prepare Position.

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

3. Step to Left, Right-Hand Single Knife Hand Block, Grab Arm, Right Leg Roundhouse Kick to Stomach, Left Inside Forearm Strike to Right Elbow, Right Hand Ridgehand Strike to Neck, Prepare Position.
4. Step forward w/ Left Foot, Left Hand Cross Block into Arm Lock, Right Hand Palm Heel Chin, Right Knee Groin.

Green Belt: All of the above in addition to:

Knuckle Push-ups & V-Sit-ups (as many as you can)

Poem (hand in on Belt Promotion Night)

Board Break: Back Elbow, Spin Sidekick

TO-SAN(24 - moves) : Is the pseudonym of the patriot Ahn Ch'ang-ho who devoted his entire life to furthering the education of Korea and its independence movement. (Right Foot Returns)

Chux Basic 2