## GREEN BELT CURRICULUM C

## **CORE BASICS**

Blocking	Stick: Floor, Ceiling	
Striking	Stick: Pokes - Elbow	
Kicking	Knee, Jump Roundhouse, Switch Roundhouse	_
Stance		

## **LINE DRILLS**

Ctrino 1	Forward Stance-Upward Block, Reverse Rising Vertical Elbow, Step-Horse Stance-
Stripe 1	Lead Drop Elbow
Ctring 2	Horse Stance-Inside Block-Sliding Horizonal Elbow, Forward Stance-Reverse
Stripe 2	Horizontal Elbow
Ctuin o 2	Forward Stance-Break & Grab, Front Kick (pull kicking side hand), Forward Stance-
Stripe 3	Jab-Reverse Punch
Stripe 4	Back Stance-Forearm Block, Neck Grab-Reverse Rising Vertical Knee

## FORM - Pyung Ahn Sa Dan (pea-young on saw don)

Stripe 1 Section	1st 1/4	
Stripe 2 Section	1st 1/2	
Stripe 3 Section	1st 3/4	
Stripe 4 Section	Entire Form	

## STICK DEFENSE: Poke & Overhead

Stripe 1	Blocks & Stepping
Stripe 2	Counters
Stripe 3	Disarms
Stripe 4	Flow Drill

## GREEN BELT CURRICULUM C

HYUNG APPLICATIO	N
C- D 114	Face Punch: Open Hand Upward Block, Back Stance (closed)-Soo Do Strike, Step
Sa Dan #1	Back Feet Together, Wrist Lock, Step (45°) Forward Stance-Violin
	Front Kick: Forward Stance (open)-Low Cross Block, (Jab) Step Forward, Back
Sa Dan #2	Stance-Forearm Arm Bar, Step Back-Feet Together, Circle into Pull Down, Side Kick-
	Backfist, Forward Stance-Horizontal Elbow Strike.
	Front Kick, Jab: Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do
Sa Dan #3	Block, High Soo Do Chamber, (Jab) Pivot-High Block-Horizontal Soo Do Strike,
	Front Kick, (Reverse Punch) Downward Parry, Rear Cross Step-Drop Backfist Strike
Youth	Front Kick, Jab: Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do
foutii	Block, High Soo Do Chamber, (Jab) Pivot, High Block, Horizontal Soo Do Strike
	Lapel Grab: Double Lapel Break-Pull & Kick, Clear Arm (in)-Reverse Punch, Clear
Sa Dan #4	Arm (out)-Back Stance-Punch, Forward Stance-Double Throat Thumb Strike, Neck
	Grab-Rising Vertical Knee Strike
Youth	Lapel Grab: Double Lapel Break-Pull & Kick, Jab-Reverse Punch
1 STEP SPARRING	
Ctring 1	Center Punch: Inside Soo Do Block, Soo Do Strike, Neck Hook, Vertical Knee,
Stripe 1	Horse Stance, Drop Elbow
Ctrino 2	Center Punch: Reverse Outside Soo Do Block, Horizonal Knee, Collar Takedown,
Stripe 2	Drop Knee Strikes
Stripe 3	Roundhouse Kick (Open): Reverse Double Side Block, Kick Capture, Shuffle Step,
Stripe 3	Takedown
String 1	Roundhouse Kick (Closed): Double Side Block, Kick Capture, Shuffle Step,
Stripe 4	Takedown
SPARRING	
Structured	Attack: 1 Technique - Counter: Angle 3
	Attack: 1 Technique - Counter: Angle 3 Attack: 3 Techniques - Counter: All Points
Structured	

## **BOARD BREAK CHALLENGE**

Elbow

2 Board Break - Kick

2 Board Break - Strike

# GREEN BELT CURRICULUM C - STRIPE 1

CORE	BA	١S١	CS
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Blocking Stick: Floor, Ceiling Striking Stick: Pokes - Elbow

Kicking Knee, Jump Roundhouse, Switch Roundhouse

Stance

**LINE DRILLS** 

Stripe 1 Forward Stance-Upward Block, Reverse Rising Vertical Elbow, Step-Horse Stance-

Lead Drop Elbow

FORM - Pyung Ahn Sa Dan (pea-young on saw don)

Stripe 1 Section 1st 1/4

STICK DEFENSE: Poke & Overhead

Stripe 1 Blocks & Stepping

**HYUNG APPLICATION** 

Face Punch: Open Hand Upward Block, Back Stance (closed)-Soo Do Strike, Step
Sa Dan #1

Back Feet Together, Wrist Lock, Step (45°) Forward Stance-Violin

**1 STEP SPARRING** 

Stripe 1 Center Punch: Inside Soo Do Block, Soo Do Strike, Neck Hook, Vertical Knee,

Horse Stance, Drop Elbow

**SPARRING** 

Structured Attack: 1 Technique - Counter: Angle 3

GREEN	BE	LT		
<b>CURRICULUM</b>	<b>C</b> -	S	ΓRIP	E 2

Blocking	Stick: Floor, Ceiling
Striking	Stick: Pokes - <b>Elbow</b>
Kicking	Knee, Jump Roundhouse, Switch Roundhouse
Stance	knee, Jamp Rounanouse, Switch Rounanouse
LINE DRILLS	
Chaire a 2	Horse Stance-Inside Block-Sliding Horizonal Elbow, Forward Stance-Reverse
Stripe 2	Horizontal Elbow
_	
FORM - Pyung Ahr	n Sa Dan (pea-young on saw don)
FORM - Pyung Ahr Stripe 2 Section	1st 1/2
Stripe 2 Section  STICK DEFENSE: Po	1st 1/2  Dke & Overhead
Stripe 2 Section	1st 1/2  Dike & Overhead  Counters
Stripe 2 Section  STICK DEFENSE: Po	1st 1/2  Dike & Overhead  Counters
Stripe 2 Section  STICK DEFENSE: Po	1st 1/2  Oke & Overhead  Counters  ON
Stripe 2 Section  STICK DEFENSE: Po Stripe 2  HYUNG APPLICATION	1st 1/2  Dike & Overhead  Counters  ON  Front Kick: Forward Stance (open)-Low Cross Block, (Jab) Step Forward, Back
Stripe 2 Section  STICK DEFENSE: Po Stripe 2  HYUNG APPLICATION	1st 1/2  Oke & Overhead  Counters  ON  Front Kick: Forward Stance (open)-Low Cross Block, (Jab) Step Forward, Back Stance-Forearm Arm Bar, Step Back-Feet Together, Circle into Pull Down, Side Kick

Attack: 3 Techniques - Counter: All Points

Structured

# GREEN BELT CURRICULUM C - STRIPE 3

CORE BASICS	
Blocking	Stick: Floor, Ceiling
Striking	Stick: Pokes - Elbow
Kicking	Knee, Jump Roundhouse, Switch Roundhouse
Stance	
LINE DRILLS	
Chrima 2	Forward Stance-Break & Grab, Front Kick (pull kicking side hand), Forward Stance-
Stripe 3	Jab-Reverse Punch
FORM - Pyung Ahn	Sa Dan (pea-young on saw don)
Stripe 3 Section	1st 3/4
STICK DEFENSE: Po	ke & Overhead Disarms
HYUNG APPLICATION	ON
	Front Kick, Jab: Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do
Sa Dan #3	Block, High Soo Do Chamber, (Jab) Pivot-High Block-Horizontal Soo Do Strike, Front
	Kick, (Reverse Punch) Downward Parry, Rear Cross Step-Drop Backfist Strike
	Front Kick, Jab: Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do
Youth	Block, High Soo Do Chamber, (Jab) Pivot, High Block, Horizontal Soo Do Strike
1 STEP SPARRING	
Stripe 3	Roundhouse Kick (Open): Reverse Double Side Block, Kick Capture, Shuffle Step, Takedown
SPARRING	
Free	Semi-Sparring

# GREEN BELT CURRICULUM C - STRIPE 4

#### **CORE BASICS**

Blocking	Stick: Floor, Ceiling	
Striking	Stick: Pokes - Elbow	
Kicking	Knee, Jump Roundhouse, Switch Roundhouse	
Stance		_

#### **LINE DRILLS**

Stripe 4 Back Stance-Forearm Block, Neck Grab-Reverse Rising Vertical Knee

## FORM - Pyung Ahn Sa Dan (pea-young on saw don)

Stripe 4 Section Entire Form

### STICK DEFENSE: Poke & Overhead

Stripe 4 Flow Drill

#### **HYUNG APPLICATION**

Lapel Grab: Double Lapel Break-Pull & Kick, Clear Arm (in)-Reverse Punch, Clear

Sa Dan #4 Arm (out)-Back Stance-Punch, Forward Stance-Double Throat Thumb Strike, Neck

**Grab-Rising Vertical Knee Strike** 

Youth Lapel Grab: Double Lapel Break-Pull & Kick, Jab-Reverse Punch

#### **1 STEP SPARRING**

Stripe 4	Roundhouse Kick (Closed): Double Side Block, Kick Capture, Shuffle Step,
Stripe 4	Takedown

#### **SPARRING**

Free Full Sparring

# GREEN BELT CURRICULUM C - EXAM

### **LINE DRILLS**

Forward Stance-Upward Block, Reverse Rising Vertical Elbow, Step-Horse Stance-
Lead Drop Elbow
Horse Stance-Inside Block-Sliding Horizonal Elbow, Forward Stance-Reverse
Horizontal Elbow
Forward Stance-Break & Grab, Front Kick (pull kicking side hand), Forward Stance-
Jab-Reverse Punch
Back Stance-Forearm Block, Neck Grab-Reverse Rising Vertical Knee

# FORM - Pyung Ahn Sa Dan (pea-young on saw don)

# STICK DEFENSE: Poke & Overhead

Technique #1	Blocks & Stepping
Technique #2	Counters
Technique #3	Disarms
Technique #4	Flow Drill

#### **HYUNG APPLICATION**

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Ca Dan #1	Face Punch: Open Hand Upward Block, Back Stance (closed)-Soo Do Strike, Step
Sa Dan #1	Back Feet Together, Wrist Lock, Step (45°) Forward Stance-Violin
	Front Kick: Forward Stance (open)-Low Cross Block, (Jab) Step Forward, Back
Sa Dan #2	Stance-Forearm Arm Bar, Step Back-Feet Together, Circle into Pull Down, Side Kick-
	Backfist, Forward Stance-Horizontal Elbow Strike.
Sa Dan #3	Front Kick, Jab: Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do
	Block, High Soo Do Chamber, (Jab) Pivot-High Block-Horizontal Soo Do Strike, Front
	Kick, (Reverse Punch) Downward Parry, Rear Cross Step-Drop Backfist Strike
Youth	Front Kick, Jab: Forward Stance (open 45°), Reverse Forward Stance, Low Soo Do
	Block, High Soo Do Chamber, (Jab) Pivot, High Block, Horizontal Soo Do Strike
Sa Dan #4	Lapel Grab: Double Lapel Break-Pull & Kick, Clear Arm (in)-Reverse Punch, Clear
	Arm (out)-Back Stance-Punch, Forward Stance-Double Throat Thumb Strike, Neck
	Grab-Rising Vertical Knee Strike
Youth	Lapel Grab: Double Lapel Break-Pull & Kick, Jab-Reverse Punch

# GREEN BELT CURRICULUM C - EXAM

## 1 STEP SPARRING

SPARRING	
Technique #4	Takedown
	Roundhouse Kick (Closed): Double Side Block, Kick Capture, Shuffle Step,
Technique #3	Takedown
	Roundhouse Kick (Open): Reverse Double Side Block, Kick Capture, Shuffle Step,
Technique #2	Drop Knee Strikes
	Center Punch: Reverse Outside Soo Do Block, Horizonal Knee, Collar Takedown,
Technique #1	Horse Stance, Drop Elbow
	Center Punch: Inside Soo Do Block, Soo Do Strike, Neck Hook, Vertical Knee,

Structured	Attack: 1 Technique - Counter: Angle 3
Structured	Attack: 3 Techniques - Counter: All Points
Free	Semi-Sparring
Free	Full Sparring

### **BOARD BREAK CHALLENGE**

Elbow

2 Board Break - Kick

2 Board Break - Strike