

GREEN BELT CURRICULUM A

CORE BASICS

Blocking	Stick: "Wall"
Striking	Stick: Forehand, Backhand - Spearhand
Kicking	Jump Front Kick, Switch Front Kick
Stance	Half Moon Stance, 6 Positions

LINE DRILLS

Stripe 1	On Guard: Jump Front Kick
Stripe 2	On Guard: Switch Front Kick
Stripe 3	2 Hand Center Soo Do Block-Back Stance, Step-Vertical Spearhand
Stripe 4	Reverse Outside Block-Half Moon Stance, Front Kick-Reverse Punch

FORM - Pyung Ahn Ee Dan (pea-young on ee 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 - Upper Forehand & Backhand Strikes

Stripe 1	Blocking & Stepping
Stripe 2	Counters
Stripe 3	Disarms
Stripe 4	"Dance of Death"

HYUNG APPLICATION

Ee Dan #1 (stripe 1)	Lapel Grab: Step Back (45°), Double Block Release, Upper Cut Punch, Horse Stance-Side Punch
Ee Dan #2 (stripe 2)	Center Punch: Block/Grab, Standing Arm Bar, Side Kick (knee), Backfist Strike
Ee Dan #3 (stripe 3)	Center Punch: Step Back (open 45°) 2 Hand Center Soo Do Block-Back Stance, (Reverse Punch) Open Hand Block-Violin, Step 45° Forward Stance-Vertical Spearhand Arm Bar.
Ee Dan #4 (stripe 4)	Center Punch: Step Forward (open 45°), Half Moon Stance-Reverse Outside Block, Front Kick-Reverse Punch

SPARRING

Structured (stripe 1)	Attack: 1 Technique - Counter: Angle 1
Structured (stripe 2)	Attack: 3 Techniques - Counter: Points 2 & 3
Free (stripe 3)	Semi-Sparring
Free (stripe 4)	Full Sparring

**GREEN BELT
CURRICULUM A**

BOARD BREAK CHALLENGE

Punch

Soo Do (chop)

Hook Kick