

GREEN BELT CURRICULUM B

CORE BASICS

Blocking	Stick: "Golf" Swing, Back Swing
Striking	Stick: Forehand, Backhand
Kicking	Crescent Kicks, Axe Kick, Jump Side Kick, Spring Side Kick
Stance	Stick: On Guard "Pole"

LINE DRILLS

Stripe 1 #1	On Guard: Inside Crescent-Side Kick
Stripe 1 #2	On Guard: Inside Crescent-Outside Crescent Kick
Stripe 2 #1	On Guard: Inside Crescent-Outside Axe Kick
Stripe 2 #2	Forearm Block-Back Stance, Step Vertical Spearhand-Turn Step Horse Stance-Drop Hammerfist
Stripe 3 #1	On Guard: Spring Side Kick-Reverse Punch
Stripe 3 #2	Inside Crescent Kick, Horse Stance-Elbow Block, Drop Hammerfist
Stripe 4 #1	On Guard: Jump Side Kick-Backfist
Stripe 4 #2	On Guard: Reverse Punch, Side Kick, Skip Side Kick

FORM - Pyung Ahn Sum Dan (pea-young on some 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 - Lower Forehand & Backhand Strikes

Stripe 1	Blocking & Stepping
Stripe 2	Counters
Stripe 3	Disarms
Stripe 4	Give & Take

HYUNG APPLICATION

Sum Dan #1 (stripe 1)	Center Punch: (open 45°) Back Stance-Outside Block, (Front Kick) Step Forward Feet Together, Leg Deflect/Catch & Throw
Youth	Center Punch: (open 45°) Back Stance-Outside Block, (Front Kick) Step Forward Feet Together-Downward Block, Vertical Backfist
Sum Dan #2 (stripe 2)	Center Punch: Outside Soo Do Block, Step, Back Stance-Armbar, Circle Arm, Stepping Push, Vertical Spearhand, (Wrist Grab) Twist Step-Horse Stance-Drop Hammerfist Takedown
Sum Dan #3 (stripe 3)	Front Kick: (open) Inside Crescent Block, (Jab) Horse Stance, Elbow Block, Drop Hammerfist Strike
Sum Dan #4 (stripe 4)	Center Punch: (open 45°), Forward Stance-Outside Block, Step (45°) -Punch, (Inside Block) Wrist Grab, Step in & Back-Horse Stance, Hip Throw

**GREEN BELT
CURRICULUM B**

Youth **Center Punch:** (open 45°), Forward Stance-Outside Block, Step (45°) -Punch, **(Inside Block)** Inside Block-Step in & Back-Horse Stance, Rear Elbow Strike-Over the Shoulder Punch.

1 STEP SPARRING

Stripe 1	Center Punch: Inside Crescent-Side Kick
Stripe 2	Center Punch: Inside Crescent-Outside Crescent
Stripe 3	Center Punch: Inside Crescent-Outside Axe Kick
Stripe 4	Center Punch: Spring Side Kick-Reverse Punch

SPARRING

Structured	Attack: 1 Technique - Counter: Angle 2
Structured	Attack: 3 Techniques - Counter: All Points
Free	Semi-Sparring
Free	Full Sparring

BOARD BREAK CHALLENGE

Jump Front Kick
Elbow
2 Board Break