

GREEN BELT CURRICULUM C

CORE BASICS

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
Stripe 2	Horse Stance-Inside Block-Sliding Horizontal Elbow, Forward Stance-Reverse Horizontal Elbow
Stripe 3	Forward Stance-Break & Grab, Front Kick (pull kicking side hand), Forward Stance-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

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HYUNG APPLICATION

Sa Dan #1	Face Punch: Open Hand Upward Block, Back Stance (closed)-Soo Do Strike, Step Back Feet Together, Wrist Lock, Step (45°) Forward Stance-Violin
Sa Dan #2	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-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

1 STEP SPARRING

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

SPARRING

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