

RANK APPROPRIATE SKILL SUMMARY

GREEN BELT

Anticipated interval (2 classes /week) from last promotion: Minimum time: 3 months

SKILL SUMMARY:

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| Stances: | Strong Front and Back Stance (Fighting Stance) Deep Horseback Stance |
| Blocks: | Center Knife Hand Block Downward Knife Hand Block |
| Strikes: | Lung Spear Thrust Groin Strike Palm Heel (Lunge and Reverse) |
| Kicks: | Lead Leg Hook Kick Turning Hook Kick Angular kick (Lead leg/Turning) Fluidity on 10 different three-combination kicks Jump Front Snap kick Jump Flying Side Double- Alternating Jump Front Snap Kick |
| Forms: | Basic Form # 4 (Pyung ahn cho dan) |
| One-Step Sparring: | 7 One Steps |
| Sparring: | Concepts of distancing, countering, and improved combinations |
| Breaking: | Demonstration of multiple weapon breaking |
| Self Defense: | Front, Round, and Side Kick from Ground - <i>CKM</i> pp. 78-84 Introduction to Grappling - mounted position - <i>CKM</i> pp. 142-143 Escape from mounted position- "Touchdown" Trap and Roll Against Full Mount - <i>CKM</i> pp. 144-145 Choke w/ Attacker in Mount - <i>CKM</i> pp. 146-147 Headlock while Mounted - <i>CKM</i> pp. 148-149 Application of arm bar Hair Grab from Front, Side, and Back - <i>CKM</i> pp. 194, 196, and 197 |
| Role Playing: | Demonstrate 6-10 of the "12 Ways" during a fluent role play |