

GREEN BELT

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

SKILL SUMMARY:

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

1.

LEFT Inside-out block to forearm (crooked pond), RIGHT high punch to the nose (white bone orifice), LEFT ear strike (ear drum), RIGHT groin strike (pelvic plexus) with pull back.

2.

RIGHT Outside-in crescent kick block to the forearm (crooked pond) then in continuous motion, RIGHT side kick to solar plexus.

Sparring:

Concepts of distancing, countering, and improved combinations

Breaking:



CURRICULUM: RANK APPROPRIATE SKILL SUMMARY

Demonstration of multiple weapon breaking

Self Defense:

Front, Round, and Side Kick from Ground - CKM pp. 78-84

Introduction to Grappling - mounted position - CKM pp. 142-143

Escape from mounted position- "Touchdown"

Trap and Roll Against Full Mount - CKM pp. 144-145

Choke w/ Attacker in Mount - CKM pp. 146-147

Headlock while Mounted - CKM pp. 148-149

Application of arm bar

Hair Grab from Front, Side, and Back - CKM pp. 194, 196, and 197

Philosophy

Required Community Service

10 hours