



Green Belt Curriculum

6 Count Side Kick

1. Chamber side kick with straight posture
Full pivot on support foot
Support knee locked
Chambered leg flat
2. Side kick thrust and hold
Kick with heel, toes down
3. Rechamber
4. Side kick again
5. Rechamber
6. Put foot down

Green Belt Combinations:

All combinations are offensive

1. Offensive back leg front kick, back leg round kick, back punch
2. Offensive front leg round kick, front leg sidekick, back punch
3. Offensive back leg round kick, reverse sidekick, back ridge hand

Green Belt Form: *Hanguk*, meaning Korea 1-28

Chun-bi: Arms crossed at wrist, chin level. Left hand is on the outside.

1. Chunbi
2. Look up to right, fold left on top, right high chop, left low chop (high closed stance)
3. Open hand X block at wrists
4. Double side chop and **yell**
5. Look up to left, fold right on top, left high chop, right low chop
6. Open hand X block at wrists
7. Open hand mountain block at wrists, palms facing outward
8. Left chop towards front, high back stance, right hand back punch in high twist stance

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9. Right foot step forward, right chop block, back punch
10. Left foot step forward, left chop block
11. Left front leg front kick
12. Left front punch in front stance with right hand in traditional position.
13. Back punch in front stance position and **yell**
14. "Moon Vision" start at chest, high with elbows locked and kneel
15. (still kneeling) Cross hands in "X" position and double chop to side
16. Stand up, feet together, left foot in front, left hand on top, chop
17. Right back punch
18. Right to left, high closed stance, open hand X block to open hand mountain block
19. Turn behind you, left foot steps out, right hand knife hand strike, left hand block
20. Right back left front kick keeping hands in position
21. Right back fist and **yell**
22. "V" strike starting from double fist cross
23. Left foot steps forward in front stance, left hand out, slowly switching to right palm heel in low twist stance
24. Right foot steps out to front stance slowly switching to left palm heel in low twist stance
25. Bring feet together, turn towards front, right foot steps out in a low twist stance, right hand circular block
26. Right foot steps forward to a low twist stance, left hand circular block
27. Left foot steps to right in high closed stance, closed hand X block, break up and arc down to left fold chop
28. Right back punch
29. Right foot steps to left in high closed stance, closed hand X block, break up and arc down to right fold chop
30. Left back punch and **yell**
31. Left foot steps to right in high closed stance, closed hand X block, break up, arc down with elbows straight, back to open hand x-block

Remember: The hand folded on the bottom is usually the hand that goes in the air.

Sparring (Be sure to use light contact)

1. Mixed Rhythm Sparring
 - Rhythm sparring with mixed count. 1st partner throws 1 technique, 2nd partner throws 2 techniques, 1st partner throws 3 techniques, 2nd partner throws 1 technique, etc.
2. Free Sparring
3. Point Sparring

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10 Sparring Habits to Develop

1. Always wear your protective equipment
2. Learn to read your opponent (What stance are they in? What techniques are they using?)
3. Front leg is used 80% of the time
4. Always stay sideways
5. Keep guards up / elbows in
6. Use lateral movement (side to side)
7. Follow up your kicks with punches, and your punches with kicks; use combinations!
8. Stay on the balls of your feet
9. When kicking, try sliding instead of stepping
10. Control your technique

Bear Hug Self-Defense

1. Foot stomp
2. Drop into a low open stance with both elbows up
3. Grab the wrist and behind the collars
4. Pull the attacker over your leg
5. Attack with a punch to the sternum and yell