

# GREEN BELT REQUIRMENTS

## 1. Stationary Hand Techniques

- A. Outside block punch
- B. Body thrust
- C. Choke block
- D. ^ Review double knife hand block

## 2. Stationary Kicking Techniques

- A. Rear leg side kick
- B. Rear leg hook kick
- C. ^ Review all past belt level's requirements

## 3. Sparring Drills

- A. Front kick step front kick, (punch)
- B. Roundhouse kick, step, roundhouse kick, (punch)
- C. Roundhouse kick, step, outside axe kick, (punch)
- D. Roundhouse, skip roundhouse, (punch)
- E. ^ Review all past belt level's requirements
- F. ^ Review all sparring steps; new: cutting and skipping

## 4. Moving Form Basics

- A. Front stance outside block and reverse punch
- B. Front stance body thrust
- C. Front stance choke block, reverse front kick, lead and reverse punch
- D. ^ Review all past belt level's requirements

## 5. Form / Pattern Information

### A. Do Sun

- 1) 24 Movements
- 2) Kiap points: 6/24
- 3) Meaning: do San was the man who devoted his entire life to furthering the education and independence movement in Korea.
- 4) Shape: Capital "I" with an upside down "V" (or arrow)

## GREEN BELT REQUIRMENTS

### 6. One-Step Sparring / Hapkido

- A. One steps: 1-4
- B. Cross wrist grab
- C. ^ Review all past belt level's requirements

### 7. Conditioning

- A. 10 to 15 Push-ups
- B. 10 to 15 Sit-ups
- C. Running in place/breakdown 3x to 5x
- D. ^ Review all past belt level's requirements