

HIGH GREEN BELT REQUIREMENTS

1. Stationary Hand Techniques

- A. Circular block and reverse punch
- B. Combination twin, chop, measure and punch
- C. ^ Review all past belt level's requirements

2. Stationary Kicking Techniques

- A. Quick kick using all previously taught stationary kicks
- B. ^ Review all past belt level's requirements

3. Sparring Drills

- A. Quick front kick, roundhouse kick, (punch)
- B. Quick roundhouse kick, roundhouse kick, (punch)
- C. Quick side kick, roundhouse kick, (punch)
- D. Quick roundhouse kick skip roundhouse kick
- E. Sparring step: faking ("Fake and go!")
- F. ^ Review all past belt level's requirements
- G. ^ Review all sparring steps

4. Moving Form Basics

- A. Fixed stance
- B. Front stance circular block, measure, right front kick, reverse punch
- C. Back stance twin, chop, measure and fixed stance punch
- D. ^ Review all past belt level's requirements

5. Form / Pattern Information

A. Won Hyo

- 1. 28 Movements
- 2. Kiap points: 12/26
- 3. Meaning: Won Hyo was the monk who brought Buddhism to Korea.
- 4. Shape: Capital "I"

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6. One-Step Sparring / Hapkido *(See attachments)*

- A. One steps: 1,2,3,4 & 5
- B. ^ Review all past belt level's requirements

7. Conditioning

- A. 10 to 20 Push-ups
- B. 10 to 20 Sit-ups
- C. Running in place/breakdown 5x to 7x
- D. ^ Review all past belt level's requirements