

Green Belt Testing Requirements

A. Basics & Kicks - First Stripe

1. Square block, Front high/low block, Knifehand block, Reverse horizontal elbow strike, Back elbow strike, Vertical punch
2. #1-, #2-, #3-Inner Crescent kicks
#1-, #2-, #3-Outer Crescent kicks

Spin Outer Crescent kick, Step Spin Outer Crescent kick, Butterfly kick

B. Form - Second Stripe

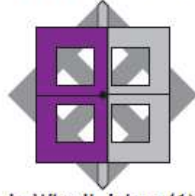
1. In Hwa 1, 44 moves

C. Self-Defense and Board Breaking - Third Stripe

1. Self-Defense: Bear Hug from Behind
2. Board Breaking: with one hand technique and one kick.

Form: In Wha Il-Jahng (1)

1. Step left foot to left forming right back stance. Double knife hand block.
2. Shift left foot to left front stance; right horizontal elbow strike to left palm.
3. Left foot shifts over to line (S-N) #2 right inner crescent kick. Land with right foot next to left foot. And...
4. In continuous motion, left reverse side kick. And...
5. In continuous motion, left leg lands forward in left back stance, left back elbow strike to north (facing north). (Right knife hand palm pushes left fist in back elbow strike.) --- (Direction Change on Line Corner)---
6. Move right foot 90 degrees clockwise to right sparring stance facing west; double outer forearm block.
7. #2 Left round kick to low section. And...
8. In continuous motion, left repeat round kick to high section.
9. Land in left sparring stance, double outer forearm block. --- (Direction Change on Line Corner)
10. Right foot steps clockwise 90 degrees to left back stance. Double knife hand block.
11. Shift right foot to right front stance; left horizontal elbow strike to right palm.
12. Right foot shifts over to line (N-S) than #2 left inner crescent kick. Land with left foot next to right foot. And...
13. In continuous motion, right side kick. And...
14. In continuous motion, right leg lands forward in right back stance, right back elbow strike to south (facing south, left Knife hand palm pushes right fist in back elbow strike). **Kihap.** --- (Direction Change on Line Corner)
15. Step left foot clockwise 90 degrees to form left sparring stance; double outer forearm block.
16. #2 Right round kick to low section. And...
17. In continuous motion, right repeat round kick to high section.
18. Land in right spanning stance, double outer forearm block. --- (Direction Change on Line Corner)---
19. Step left foot up to right foot; right foot steps 270 degrees clockwise to form left back stance; square block with fists (facing north)
20. #2 Left front kick to north. And...
21. In continuous motion without lowering left leg, left side kick to west. And...
22. In continuous motion, step back to right front stance,
23. left vertical punch to midsection No step, right vertical punch to high section.
24. Step left foot forward to right back stance; left punch to middle section. **Kihap.**
25. No step, Left knife hand strike to high section. --- (Direction Change on Line Corner)---
26. Right foot moves to left, Pivot on left counter clockwise 90 degrees to closed stance facing west. Right high inner forearm block/left low block with fists (to front).
27. Step back with right foot to right back stance. Double knife hand block.
28. No step. Right horizontal spear hand strike to high section.
29. Left outer reverse crescent kick (180 degrees, facing south) to middle stance.
30. No step. Right outward knife hand block to south.
31. No step. Left punch to middle section. --- (Direction Change on Line Corner)---
32. Step right foot to left foot; left foot steps 270 degrees counter clockwise to form right back stance; square block with fists (facing south).
33. #2 right front kick to south. And...
34. In continuous motion, without lowering right leg, right side kick to west. **Kihap.** And...
35. In continuous motion, step back to left front stance; right vertical punch to middle section.
36. No step. Left vertical punch to high section.
37. Step right foot forward to left back stance; right punch to middle section.
38. No step. Right knife hand strike to high section. --- (Direction Change on Line Corner)---
39. Move left foot to right pivoting 90 degrees to form closed stance facing east. Left high inner forearm block/right low block with fists (to front).
40. Step back with left foot to left back stance. Double knife hand block.
41. No step. Left horizontal spear hand strike to high section.
42. Right outer reverse crescent kick (180 degrees, facing south) to middle stance.
43. No step. Left outward knife hand block to south.
44. No step. Right punch to midsection. Bahroh - Left foot returns ready stance.



In Wha Il-Jahng (1)

Technical Information

사급

Self-Defense

Attacker (D) Defender

(A) Bear hug from behind

(D) Roll shoulders back to expand chest, Snap head back to strike face, Stomp on foot, Squat while raising elbows upward, Right and left horizontal back elbow strikes, Clear arms away, Step forward and side kick.*

*Finish with a double step back in advance arm base (keep your hands up)

Board Breaking

1. Hand Technique: punch, palm heel, hammer fist, elbow strike or knife hand strike
2. Kick: front, side or round kick