

Green Belt

Examination requirements

3 of 3

Belt Concept: Timing and Punctuality

RED STRIPE

A. Technical 6 Count Double Side Kick

1. Knee inside kick fold (chamber)
2. Side kick extension Kick twice and lock
3. Refold side kick (re-chamber)
4. Knee inside kick fold (chamber)
5. Side kick extension Kick twice and lock
6. Foot Down

BLUE STRIPE

B. Green Belt Combinations

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

YELLOW STRIPE

C. “Chosang” form meaning “Ancestor” (performed to the music “God Bless America”)

God Bless America, land that I love. Stand beside Her, and guide Her, though the night with the light from above. From the mountains, to the prairies, to the ocean, white with foam. God Bless America, my home sweet home. God Bless America, my home sweet home.

GREEN STRIPE

D. Sparring Drills

1. Back fist, back punch blitz
2. Slide side kick to stomach, back fist to head with side kick foot in chambered position, land foot back punch to body.
3. Double round kick (low and hi), back fist head level, back punch to the body

Note: Minimum 30 lessons
All previous belt requirements