

## Green Belt Curriculum

### Palgue 2

<b>Upper Block:</b>	Turn to the left (90) and step with your left foot into a front stance. Upper block with your left hand.
<b>Front Kick, High Punch:</b>	Front kick with your right foot and step forward with it into a front stance. High punch with your right hand.
<b>Upper Block:</b>	Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.
<b>Front Kick, High Punch:</b>	Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.
<b>Knife Hand Lower Block:</b>	Turn to the left (90) and step with your left foot into a back stance. Knife hand lower block with your left hand forward.
<b>Knife Hand Middle Block:</b>	Step forward with your right foot into a back stance. Knife hand middle block with your right hand forward.
<b>Upper Block:</b>	Step forward with your left foot into a front stance. Upper block with your left hand.
<b>High Punch:</b>	Step forward with your right foot into a front stance. High punch with your right hand. Kihap.
<b>Upper Block:</b>	Turn to the left (270) and step with your left foot into a front stance. Upper block with your left hand.
<b>Front Kick, High Punch:</b>	Front kick with your right foot and step forward with it into a front stance. High punch with your right hand.
<b>Upper Block:</b>	Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.
<b>Front Kick, High Punch:</b>	Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.
<b>Double Down Block:</b>	Turn to the left (90) and step with your left foot into a back stance. Double down block with your left hand forward.
<b>Double Outside Block:</b>	Step forward with your right foot into a front stance. Double outside block with your right hand forward.
<b>Outside Block:</b>	Step forward with your left foot into a back stance. Outside block with your left hand.
<b>Reverse Punch:</b>	Step forward with your right foot into a front stance. Reverse punch with your right hand. Kihap.
<b>Upper Block:</b>	Turn to the left (270) and step with your left foot into a front stance. Upper block with your left hand.
<b>Front Kick, High Punch:</b>	Front kick with your right foot and step forward with it into a front stance. High punch with your right hand.
<b>Upper Block:</b>	Turn to the right (180) and step with your right foot into a front stance. Upper block with your right hand.
<b>Front Kick, High Punch:</b>	Front kick with your left foot and step forward with it into a front stance. High punch with your left hand.

### **Self Defense 5: Rear Grab**

Step forward with your left foot and knife hand middle block behind you with your right hand, knocking the hand off your shoulder. Grab your opponent's wrist with your right hand. Pull them in as you side kick with your right foot. Raking strikes with your left then right hand.

### **One Step Sparring #5**

- \* Start at ready position
  - \* Leap to the right
    - \* Front kick (L)
  - \* Round house (R)
- \* Double Punch, Kihap

### **Multiple Kick Combination**

- \* Rear leg front kick (L)
- \* Rear leg side kick(R)
- \* Rear leg round kick(L)
  - \* Spin back kick(R)
- \* Double punch, Kihap