

## Green-One Belt

### Staff Form 1

<b>Overhead Strike:</b>	Step forward with your right foot into a front stance and overhead strike. Kihap.
<b>Spear:</b>	Pull back the staff and touch your right foot to your left knee. Step back into a front stance with your right foot. Spear forward with the staff.
<b>Side Strike:</b>	Step back with your right foot into a horse stance. Strike forward with the left tip of the staff.
<b>Down Block:</b>	Swing the right tip of the staff up over your head and down block with the right tip.
<b>Poke Right:</b>	Unwind the staff and poke to the right.
<b>Poke Left:</b>	Poke left with the staff.
<b>Upper Block:</b>	Change your right hand grip to knuckles-up and step forward with your right foot into a front stance. Upper block with the staff
<b>Lower Block:</b>	Lower block with the staff.
<b>Side Strike:</b>	Strike forward with the right tip of the staff.
<b>Side Strike:</b>	Strike forward with the left tip of the staff.
<b>Upper Block:</b>	Step forward with your left foot into a front stance. Upper block with the staff
<b>Lower Block:</b>	Lower block with the staff.
<b>Side Strike:</b>	Strike forward with the right tip of the staff.
<b>Side Strike:</b>	Strike forward with the left tip of the staff.
<b>Stomach Strike:</b>	Step forward with your right foot into a horse stance. Stomach strike with the right tip of the staff. Kihap.
<b>Take Down:</b>	Swing the right tip of the staff down and then up as you bring your right hand to your right shoulder, bringing your right foot back into a cat stance.
<b>Leg Sweep:</b>	Step behind you with your right foot and drop to your left knee. Leg sweep with the right end of the staff.
<b>Low Spear:</b>	As you bring your right foot to a ready stance, raise the right tip of the staff high to your right and then low spear with the left tip as you land with into a front stance right foot forward. Kihap.

### **Self Defense 6: Choke From the Floor**

Reach over and grab your opponent's left wrist with your left hand. Palm strike with right hand. Bridge hips, kick over right leg into a mount position and punch.

#### **One Step Sparring #6**

- Start at ready position
  - Leap to the left
    - Side kick (R)
    - Sliding hook (R)
  - Double punch, Kihap

#### **Hook Kick Combination**

Spin hook kick (R)  
Slide-up hook kick ( R)  
Skipping hook kick (R)  
Double punch, kihap