

GREEN BELT REQUIREMENTS

BLOCKS :
DOUBLE KNIFE HAND BLOCK, OUTER FOREARM BLOCK

STRIKES :
SPEAR HAND, SWALLOWTAIL STRIKE, BACK FIST

KICKING :
COUNTER KICK (BADA CHAGI), FLYING SIDE KICK,
JUMP FRONT KICK

SELF DEFENSE :
REVERSE PUNCH

SPARRING :
360 BACK SPIN ROUND KICK,
FRONT LEG CUT KICK INTO 360 BACK SPIN
ROUND KICK, DOUBLE KICK, BACK KICK

POOMSAE :
TAEGEUK 4

BOARD BREAKING :
FAST KICK, SIDE KICK, SPIN ROUND KICK