

GREEN BELT CURRICULUM

Training Period: 4 Months	Minimum Classes: 32
Suggested Equipment: Hand Targets (2)	

PUNCHES:

CHOP	FRONT HAND
INVERTED CHOP	REAR HAND
HAMMER FIST	FRONT & REAR HAND

KICKS:

CRESCENT KICK	FRONT LEG
CUTTING KICK	BACK LEG
JUMP SIDE KICK	FRONT LEG KICKS
PULLING HOOK KICK	FRONT LEG - SLIDE UP KICK

KATA ("HYUNG," FORM OR PATTERN):

WON HYO	"BUDDHIST MONK"
TO SAN	"PHILOSOPHER & EDUCATOR"

BLOCKS (BASICS): (SAME ARM/LEG OUT)

HIGH "X" BLOCK
REVERSE ADVANCE

ESCAPES/GRAPPLING:

MOUNT POSITION – ESCAPE FROM THE MOUNT

ONE STEPS:

CLASSICAL -SWEEP SPEAR/ARM BAR/ SUBMIT
PRACTICAL - BLOCK/PUNCH/FRONT LEG TAKEDOWN/FOLLOW UP/KIAI

COMBINATIONS:

HIGH ROUND KICK/REVERSE PUNCH/HOOK PUNCH/HOOK KICK
FAKE HIGH ROUND KICK/SIDE KICK

SPARRING:

LIGHT CONTACT CONTINUOUS SPARRING - ABOVE THE BELT

BREAKING:

THRUST KICK

ALL ORANGE BELT CURRICULUM IMPROVED

GREEN BELT WRITTEN EXAM

Tests are taken directly before physical exam on test day. If age appropriate, the instructor will ask the questions to the student. Feel free to take notes during class.

FILL IN THE BLANK

1. "The only way you will fail to achieve your goal is to quit trying - the secret is to keep trying," this is the character trait Persistence .
2. Won Hyo means Buddhist Monk .
3. To San means Philosopher & Educator .
4. In karate you breathe in through your nose , and
5. out through your mouth .
6. For any block you must first fold ,
7. then step ,
8. and finally block .
9. Hip drive occurs on the last: c
a) 3 feet; b) 3 seconds; **c) 3 inches**
10. Which is not a type of defender: b
a) runner; **b) slider**; c) block & counter, d) jammer