

6th Gup Green Belt Drills

Requirements 5th Gup Green Belt – (test)

Kicks: (Fighting Stance)

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|--|-------------------------|
| 1 - Axe - Cchk Ki | 4 – Back Kick |
| 2 - Diagonal (inside/outside) Bit Cha Ki | 3 - Jump Front Kick |
| 5 - Jump Side Kick* | 6 - Spinning Back Kick* |

Kicks: (Horse Stance)

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|--------------------|--------------------|
| 1 - Side Kick | 2 - Hook Kick |
| 3 - Jump Side Kick | 4 - Jump Hook Kick |

Two Kicks Same Leg (Doubles)

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|--|-----------------------------------|------------------------------------|
| 1 - Front Kick Low
Front Kick High | 2 - Front Kick
Side Kick | 3 - Side Kick
Side Kick |
| 4 - Roundhouse Kick
Roundhouse Kick | 5 - Front Kick
Roundhouse Kick | 6 - Front Kick*
Jump Front Kick |

Two Kicks Opposite Legs (Doubles)

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|---------------------------------------|---|--|
| 1 - Front Kick Low
Front Kick High | 2 - Front Kick
Side Kick | 3- Roundhouse Kick
Side Kick |
| 4 - Inside-Outside Kick
Side Kick | 5 - Outside-Inside Kick
Spinning Back Kick | 6 – Spinning Back Kick*
Roundhouse Kick |

Hands:

- 1 - Side Punch – Choong Dan Hang Jin – (Horse Stance)
- 2 - Knife Hand / Reverse Punch – Yuk Jin (Fighting Stance)
- 3 - Knife Hand / Reverse Punch – Yuk Soo (Front Stance)

Hands: (Front Stance)

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|---------------------------|---------------------------|
| 1 - Outside/Inside Block | 2 - Inside/Outside Block |
| 3 - Two Hand Middle Block | 4 - Two Hand High X Block |
| 5 - Two Hand Low X Block | 6 - Reverse Center Punch* |
| 7 – Spearhand* | 8 - Spinning Back Fist* |

6th Gup Green Belt Drills

Requirements 5th Gup Green Belt – (test)

Hands: (Fighting Stance)

- 1 - Low Knife Hand Block - Ha Dan Soo Do Mahk Ki
- 2 - Middle Knife Hand Block - Choong Dan Soo Do Mahk Ki
- 3 - High Knife Hand Block – Sang Dan Soo Do Mahk Ki

Hands: (Front Stance) Doubles*

- | | | |
|----------------------------------|---|---------------------------------------|
| 1 - Low Block*
High Block | 2 - Inside-Outside Block*
Reverse Center Punch | 3 - Side Punch*
Spinning Back Fist |
| 4 - X Block Low*
X Block High | 5 - Spearhand*
Inside-Outside Block | |

Forms: (Red are Optional Forms)

- | | |
|---------------------------------------|-------------------------------------|
| 1 – All Kee Cho Hyung - (3 Forms) | 2 – All Kwan Hyung - (3 Forms) |
| 3 – Moo Duk Kwan Cho Dan Hyung | 4 – Moo Duk Kwan E Dan Hyung |
| 5 – Moo Duk Kwan Sam Dan Hyung | 6 - Pyung Ahn Cho Dan |
| 7 - Pyung Ahn E Dan | 6 - Bong Hyung Il Bu |

One Steps & Self-Defense

- 1 - Hands, 1 – 10
- 2 - Kicks, 1 – 10
- 3 - Ho Sin Sul, 1 -10*

Sparring – Cha Yu Dae Ryun – (2) 2 min. Rounds

Breaking (1 - 2 Techniques) Kick or Hand - One Board each