

5th Gup Green Belt Drills

Requirements for 4th Gup Green Belt – (test)

Kicks: (Fighting Stance)

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|---|---------------------------|
| 1 - Axe - Cchk Ki | 6 - Jump Roundhouse Kick* |
| 2 - Diagonal (inside/outside) Bit Cha Ki | 7 - Jump Hook Kick* |
| 3 - Spinning Back Kick | 8 - Jump Side Kick |
| 4 - Spinning Wheel-Hook Kick (180°/360°)* | 9 - Back Kick |
| 5 - Spinning Crescent Kick (180°/360°)* | 10 - Jump Back 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 - Front Kick
Roundhouse Kick | 5 - Spinning Back Kick*
Side Kick | 6 - Roundhouse Kick
Roundhouse Kick |
| 7 - Spinning Back Kick*
Roundhouse Kick | 8 - Front Kick
Jump Front Kick | 9 - Front Kick*
Back Kick |

Two Kicks Opposite Legs (Doubles)

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|---|--|--------------------------------------|
| 1 - Front Kick Low
Front Kick High | 2 - Low Outside-Inside Kick
High Spinning Back Kick | 3 - Roundhouse Kick
Side Kick |
| 4 - Spinning Back Kick
Roundhouse Kick | 5 - Front Kick
Side Kick | 6 - Inside-Outside Kick
Side Kick |
| 7 - Side Kick*
Spinning Back Kick | 8 - Diagonal Kick*
Stepping Side Kick | 9 - Front Kick*
Jumping Back Kick |
| 10 - Spinning Crescent Kick (360°)*
Front Kick | 11 - Spinning Hook Kick (360°)*
Roundhouse Kick | |
| 12 - Spinning Back Kick*
Side Kick | | |

5th Gup Green Belt Drills

Requirements 4th Gup Green Belt – (test)

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 | 4 - Inside/Outside Block | 7 - Two Hand Middle Block |
| 2 - Two Hand Low X Block | 5 - Low Grab and Trap* | 8 - Spearhand Punch |
| 3 - Two Hand U- Punch* | 6 - Two Hand High X Block | 9 - Reverse Center Punch |
| 10 - High Open Hand Block & Strike* | 11 - Spinning Back Fist | |

Hands: (Doubles)

- | | | |
|------------------------------------|--------------------------|------------------------|
| 1 - Low Block | 1 - Inside-Outside Block | 1 - Side Punch |
| 2 - High Block | 2 - Reverse Center Punch | 2 - Spinning Back Fist |
| 1 - X Block Low | 1 - Spearhand | 1 - Low Grab and Trap* |
| 2 - X Block High | 2 - Inside-Outside Block | 2 - High Back Chop |
| 1 - High Open Hand Block & Strike* | | |
| 2 - Outside-Inside Block | | |

Forms: (Red are Optional Forms)

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|---------------------------------------|------------------------------|
| 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 |
| 5 – Moo Duk Kwan Sam Dan Hyung | 6 - Pyung Ahn Cho Dan |
| 7 - Pyung Ahn E Dan | 8 - Pyung Ahn Sam Dan |
| 9 - Bong Hyung Il Bu | |

One Steps & Self-Defense

- 1 - Hand Techniques 1 – 15*
- 2 - Kicks Techniques 1 – 15*
- 3 - Ho Sin Sul (Self- Defense Techniques) 1 -10

Sparring – Cha Yu Dae Ryun – (2) 3 min. Rounds

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