

4th Gup Green Belt Drills Requirements for 3rd Gup Red Belt – (test)

Kick: (Fighting Stance)

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

Two Kicks Opposite Legs (Doubles) (Fighting Stance)

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|---|--|--|
| 1 – Outside/Inside Kick
Spinning Back Kick | 2 - Spinning Crescent Kick
Front Kick | 3- Diagonal Kick
Stepping Side Kick |
| 4 - Spinning Back Kick
Roundhouse Kick | 5 - Side Kick
Spinning Back Kick | 6 – Inside/Outside Kick
Side Kick |

Three Kicks (Same Leg) (Fighting Stance) *

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|--|---|
| 1 - Front Kick*
Roundhouse Kick
Side Kick | 2 - Spinning Back Kick*
Roundhouse Kick
Side Kick |
| 3 - Front Kick Low*
Roundhouse Kick Middle
Front Kick High | 4 - Roundhouse Kick Low*
Front Kick Middle
Roundhouse Kick High |

Three - Kicks (Front / Back / Front) (Fighting Stance) *

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| 1 - Front Kick (F)*
Axe Kick (B)
Side Kick (F) | 2 - Side Kick (F)*
Hook Kick (B)
Roundhouse Kick (F) |
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4th Gup Green Belt Drills

Requirements 3rd Gup Red Belt – (test)

Four - Kicks (Front / Back / Back / Front) (Fighting Stance)*

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|------------------------------|-----------------------------|
| 1 - Outside-Inside Kick (F)* | 2 - Spinning Back Kick (F)* |
| Inside-Outside Kick (B) | Front Kick (B) |
| Side Kick (B) | Axe Kick (B) |
| Roundhouse Kick (F) | Hook Kick (F) |

Steeplechase - 3 Kicks (Ground, Air, Ground) (Fighting Stance)*

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|---------------------|--------------------------|--------------------------|
| 1 - Front Kick (G)* | 2 - Roundhouse Kick (G)* | 3 - Front Kick (G)* |
| Jump Front Kick (A) | Jump Side Kick (A) | Jump Roundhouse Kick (A) |
| Front Kick (G) | Spinning Back Kick (G) | Side Kick (G) |

Hands: Front Stance (Doubles)

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|----------------------|-----------------------|--------------------------------|
| 1 - Spearhand | 2 - Low Grab and Trap | 3 - Open Hand Block and Strike |
| Inside-Outside Block | High Back Chop High | Outside-Inside Block |

Hands Front Stance – Triples / Quads*

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|-------------------------|----------------------------|--------------------------|
| 1 - Low Block * | 2 - Two Hand Middle Block* | 3 - Choong Dan Hang Jin* |
| Middle Soo Do | X Block Low | Dwi Dull Ryo Kap Kwon |
| Reverse Punch | X Block High | Choon Dan Kong Kyuck |
| 5 - Low Grab and Trap* | 6 - Spear-hand Punch* | |
| High Soo Do | Inside/Outside Block | |
| Reverse High Ridge Hand | Center Punch | |
| Center Punch | Low Block - (Same Hand) | |

Hands Front Stance – Five*

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|-------------------------|--------------------------------------|
| 1 - Low Block* | 2 - High Open Hand Block and Strike* |
| High Block (Same Hand) | High Soo Do |
| Reverse High Ridge Hand | Outside/Inside Block |
| High Soo Do | Center Punch, |
| Reverse Punch | Reverse High Ridge Hand |

4th Gup Green Belt Drills

Requirements 3rd Gup Red Belt – (test)

Hands Fighting Stance – Triples / Quads / Five*

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|-----------------------|------------------------|-----------------------|
| 1 - Low Soo Do Block* | 2 - Low Grab and Trap* | 3 - Low Soo Do Block* |
| Middle Soo Do Block | High Soo Do | High Soo Do Block |
| High Soo Do Block | Reverse Ridge Hand | Reverse Ridge Hand |
| Center Punch | High Soo Do | Reverse Center Punch |

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)

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

One Steps & Self-Defense

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

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

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