

Requirements for 4th Gup Green Belt – (test)

5th Gup Green Belt Drills

Kicks: (Fighting Stance)

- | | |
|---|---------------------------|
| 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)

- | | | |
|--|--------------------------------------|--|
| 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)

- | | | |
|---|---|--------------------------------------|
| 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 | | |

Requirements 4th Gup Green Belt – (test)

5th Gup Green Belt Drills

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)

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

Hands: (Doubles)

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

Forms:

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