

Green Belt Curriculum

Palgue 4

- Twin Forearm Block:** Turn to the left (90) and step with your left foot into a back stance. Twin forearm block with your left hand.
- Uppercut:** Drop your right hand to your chest and uppercut with your right hand while you bring your left hand to your right shoulder.
- Side Knife Hand Chop:** Touch your left foot to your right knee and step back down with your left foot into a horse stance. Side knife hand chop with your left hand.
- Twin Forearm Block:** Turn to the right (180) and step your left foot to your right foot and then out with your right foot into a back stance. Twin forearm block with your right hand forward.
- Uppercut:** Drop your left hand to your chest and uppercut with your left hand while you bring your right hand to your left shoulder.
- Side Knife Hand Chop:** Touch your right foot to your left knee and step back down with your right foot into a horse stance. Side knife hand chop with your right hand.
- Knife Hand Middle Block:** Step your right foot to your left foot and step out with your left foot into a back stance. Knife hand middle block with your left hand forward.
- Front Kick, Spear Hand:** Front kick with your right foot and step forward with it into a front stance. Spear hand thrust with your right hand.
- Spin, Hammer Fist:** Pull your right hand to your belt as you turn (360) to the left and step with your left foot into a front stance. Hammer fist with your left hand.
- Reverse Punch:** Step forward with your right foot into a front stance. Reverse punch with your right hand. Kihap.
- Twin Forearm Block:** Turn to the left (270) and step with your left foot into a back stance. Twin forearm block with your left hand forward.
- Uppercut:** Drop your right hand to your chest and uppercut with your right hand while you bring your left hand to your right shoulder.
- Side Knife Hand Chop:** Touch your left foot to your right knee and step back down with your left foot into a horse stance. Side knife hand chop with your left hand.
- Twin Forearm Block:** Turn to the right (180) and step your left foot to your right foot and then out with your right foot into a back stance. Twin forearm block with your right hand forward.
- Uppercut:** Drop your left hand to your chest and uppercut with your left hand while you bring your right hand to your left shoulder.
- Side Knife Hand Chop:** Touch your right foot to your left knee and step back down with your right foot into a horse stance. Side knife hand chop with your right hand.
- Knife Hand Middle Block:** Step your right foot to your left foot and step out with your left foot into a back stance. Knife hand middle block with your left hand forward.
- Front Kick, Spear Hand:** Front kick with your right foot and step forward with it into a front stance. Spear hand thrust with your right hand.

- Spin, Hammer Fist:** Pull your right hand to your head as you turn (360) to the left and step with your left foot into a front stance. Hammer fist with your left hand.
- Reverse Punch:** Step forward with your right foot into a front stance. Reverse punch with your right hand. Kihap.
- Down Block:** Turn to the left (270) and step with your left foot into a horse stance. Down block with your left hand.
- Reverse Punch:** Shift your left leg into a front stance. Reverse punch with your right hand.
- Down Block:** Turn to the right (180), step your left foot to your right foot and step with your right foot into a horse stance. Down block with your right hand.
- Reverse Punch:** Shift your right leg into a front stance. Reverse punch with your left hand.

Self Defense 5: Rear Grab

Step forward with your left foot and knife hand middle block behind you with your right hand, knocking the hand off your shoulder. Grab your opponent's wrist with your right hand. Pull them in as you side kick with your right foot. Tiger claw with your left then right hand.

Spin Kick Combination

- * Spin back kick (R)
- * Pop up side kick (R)
- * Inside crescent kick (L)
- * Spin outside crescent kick, land behind (R)
- * Double punch, Kihap (L,R)

One Step Sparring #5

- *Start at ready position
- *Leap to the right
- *Front kick (L)
- *Round kick (R)
- *Double punch, kihap

