

Green Belt Curriculum

Green Belt Pattern, 27 Movements

Palgwe Ee Chong

<u>Direction</u>		<u>Stance</u>	<u>Action</u>
L	¼ turn	Front	High Block Front Kick Middle Punch
R	½ turn		High Block Front Kick Middle Punch
L	¼ turn	Back	Double Knife Hand Low Block Double Knife Hand Middle Block
		Front	High Block Middle Punch (Kiyap)
L	¾ turn		High Block Front Kick Middle Punch
R	½ turn		High Block Front Kick Middle Punch
L	¼ turn	Back	Double Fist Low Block Double Fist Middle Block Middle Block Middle Punch (Kiyap)
L	¾ turn	Front	High Block Front Kick Middle Punch
R	½ turn		High Block Front Kick Middle Punch

Green Belt Basics

Front Stance

Reverse Hand Middle Punch
High Block/Front Kick/Middle Punch
Front Kick/Double Middle Punch
Round House Kick/Double Middle Punch
Side Kick/Double Middle Punch

Back Stance

Double Fist Low Block
Double Fist Middle Block

Green Belt Kicking Combination

Skipping Side Kick/Spinning Back Kick/Round House Kick

Green Belt Self Defense

2 Hand Choke