

6th kup - Green Belt

Green belt signifies the plant's growth - Tae Kwon-Do skills begin to develop.

Green Belt Line Work

Name and grade, position 1 (and so on...)

(Going forwards) right leg back: middle guarding block, side kick, knife-hand strike.

Backwards: first three moves from Won Hyo tul.

Forwards: side kick, reverse side kick, back to guard.

Step turn (into guarding block): side kick, reverse side kick, back to guard.

Forwards: turning kick, snap reverse punch, back to guard.

Backwards: fixed stance, side punch.

Barrol.

Pattern: Examiner's choice.

Barrol.

Pattern: Won Hyo.

Barrol.

3-step sparring (numbers 8 to 10).

Barrol.

3-step semi-free sparring (basic - front snap kick, side kick, turning kick).

Barrol.

Questions.