**Green Belt with Stripe (5th Gup) Curriculum Sheet**

**Required Attendance**:

Minimum of 24 Classes & 3 Months Training since Date of Last Test

**Required Score on Test:**

70% - Written; 70% - Physical;

**Required Thesis:**

N/A

**Other Requirements:**

Student MUST have Green Trim on Uniform

**Required Techniques:**

Hand Techniques: Foot Techniques:

- Middle Knife Hand Block - Outside Inside Crescent Kick

- Spear Hand - Inside Outside Crescent Kick

- Double Hand Inside Outside Block - Front Stance - 1 Stage Jump Front Kick

- Double Hand Inside Outside Block - Fighting Stance - 1 Stage Jump RoundHouse Kick

Forms: Weapons:

Pyung Ahn E Dan Staff Center Punch & Staff High Punch

Staff Low Block & Staff High Block

Hand One Step Techniques: Foot One Step Techniques:

#11 – Parry Block, Grab Shoulder, Knee Strike #11 – Outside Inside Crescent Kick, Spinning Wheel Kick

#12 – Knife Hand Block, Grab, Pull In, Knee Strike #12 – Outside Inside Crescent Kick, Side Kick

#13 – Knife Hand Block, Chop, Spinning Chop #13 – Front Kick, RoundHouse Kick (same leg)

Self Defense Techniques: Other Self Defense Techniques:

#11 – Side Shoulder Grab V-Step Blocks

#12 – Side Hand Grab

#13 – Side Arm Grab

Rolls & Break Falls: Sparring:

None Sparring ability against 1 Partner