**Green Belt (6th Gup) Curriculum Sheet**

**Required Attendance**:

Minimum of 12 Classes & 1.5 Months (6 Weeks) Training since Date of Last Test

**Required Score on Test:**

60% - Written; 60% - Physical;

**Required Thesis:**

N/A

**Other Requirements:**

Student MUST have own Sparring Gear

**Required Techniques:**

Hand Techniques: Foot Techniques:

- Low Knife Hand Block - Spinning Crescent Kick

- Knife Hand Block, Reverse Punch, Front Stance - Spinning Wheel Kick

- Knife Hand Block, Reverse Punch, Fighting Stance - Spinning Hook Kick

Forms: Weapons:

Pyung Ahn Cho Dan Basic Staff Positions (Attention, Ready, Return, Bow)

Staff Reverse Punch

Hand One Step Techniques: Foot One Step Techniques:

#9 – Knife Hand Block, Elbow Strike, Back Fist, Hammer Fist #9 – Knife Hand Block, Double Grab, Side Kick

#10 – Center Punch, Knife Hand Block & High Punch #10 – Step Out & Block, Grab, Pull Down, Hook Kick

Self Defense Techniques: Other Self Defense Techniques:

#9 – Rear Choke Hold Double Hand Wrist Grab on One Hand

#10 – Rear Head Lock

Rolls & Break Falls: Sparring:

Front Break Fall Sparring ability against 1 person