

Green Belt (6th Gup):

Stances:

Fixed
Bending Ready Stance A
Close Ready Stance A

Movement:

45 degree motion forward

Hand Techniques:

Inward knife hand strike
Side punch

Blocks:

Circular
Forearm guarding block

Kicks:

Jumping back kick
360 turning kick

Self-defense:

Choke from the front

Sparring:

Free (light touch head contact)
3 defenses against a back kick attack
3 defenses against a fast kick attack

Pattern: Won-Hyo
(28 movements)