

Green Belt Requirements

Poomsae

Taegeuk Sam Jang

One Steps

11. Right foot steps back into back stance / Turn kick to turn kick defense / Giup
12. Right foot steps back into back stance / Right foot steps to the right into front stance / Left hand low block (trap) / Step up left foot into front stance / Right leg sweep / Horse stance cross block ankle break / Step over side kick back of head / Step forward / Giup
13. Right foot sweeps forward / Drop on right forearm / Sidekick to groin from ground / Giup
14. Step right foot to left / Left Step forward into horse stance / Low block right hand (trap) / ridge hand / Giup
15. Right foot steps to right into back stance / Single knife block left hand / Rising kick left foot / Set kicking foot front stance / Reverse punch Injum / Giup

Hand Techniques

11. Back stance outside block – Dwi kubi bakkat momtong makki
12. Back stance inside block – Dwi kubi ahn momtong makki
13. Double knife low block – Dwi kubi sonnal area makki
14. Double knife middle block – Dwi kubi sonnal momtong makki
15. Double knife high block – Dwi kubi sonnal Olgul makki

Kicking techniques

Back kick – Dwi chagi

Spin Kick – Dolmyo chagi

Hook kick – Gulgi chagi (Golro chagi / Golcho chagi)

Vocabulary

Left – Wen

Right – Oreun

Attention – Charyot

Bow – Kyung Nae

Walking stance – Ap Sugi

Front bent knee stance – Ap Kubi