



GREEN Belt Curriculum (Spirit Team)

1. TRADITIONAL MOVEMENT

- Forward Stance
- High Punch
- Retreating Back Stance Inside-Out Middle Block

Forms

- Pal-Gwe #3

Traditional Movement Testing

2. SELF DEFENSE

Level 1: Escape

- Two-Hand Wrist Grab
- Catch-Lift-Slap Drill
- Parry-Lift-Slap Drill
- Headlock

Self Defense Testing

3. HAND TECHNIQUES

- Lead Hook
- Rear Hook
- Side Step Double Punch – Double Ridge Hand
- Back Fist – Step Turning Back Fist – Reverse Punch

Hand Testing

4. KICKING TECHNIQUES

- Triple Round Kick, Front/Rear Leg
- Front – Double Round Kick, Front/Rear Leg
- Hook-Round Kick, Front/Rear Leg
- Turn Hook Kick
- Lunging Kicks
- Lunging Front Kick
- Lunging Side Kick
- Lunging Hook Kick
- Lunging Round Kick
- Lunging Turn Back Kick
- Jump Kicks
- Jump Turn Back Kick
- Jump Front Kick
- Jump Round Kick
- Jump Spin Crescent Kick
- Pad Kicking
- Defensive Side Kick
- Lunging Turn Back Kick
- Lunging Front Kick

Kick Testing

5. COMBINATIONS

- Rear Leg Front Double Round Kick – Jump Spin Crescent – Rear Leg Round Kick – Reverse Punch
- Back Fist – Stepping Ridge Hand – Spin Crescent
- Back Fist – Turn Hook Round Kick – Back Fist – Reverse Punch

Combo Testing