**Green Belt Blocking Combination:**

**English Korean**

* 1. Low Block, Center Punch Ha Dan Mako , Choong Dan Kong Kyuk
  2. Inside/Outside Block, Center Punch Ahneso Phaku Ro Mako, Choong Dan Kong Kyuk
  3. High Block, Center Punch Sang Dan Mako, Choong Dan Kong Kyuk
  4. Outside/Inside Block,
  5. Center Knife Hand Block, Spear Hand Punch Choon Dan Soo Do Mako, Kwan Soo Kong Kyuk
  6. 6. Horse Stance Side Punch, Hwang Jin Kong Kyuk,
  7. Fighting Stance Inside/Outside Block Ahneso Phaku Ro Mahk Kee

**Green Belt Kicking Combination:**

1. Front Kick, Roundhouse Kick Ahp Cha Ki, Tollyo Cha Ki

2. Roundhouse Kick, Back Kick Tollyo Cha Ki, Dwi Cha Ki

3. Side Kick, Step Hook Kick Yup Cha Ki, Yup Hu Ryo Cha Ki

4. Out/Inside Kick, Back Hook Phakeso Ahneso Uro Cha Ki, Dwi Hu Ryo Cha Ki

5. Front Kick, Jump Front Kick Ahp Cha Ki, E-Dan Ahp Cha Ki

**Form:**

**Pyung Ahn Ee Dan** (Turtle Form #2) Ideal Completion Time 30-35 sec Total # of Movements 29

*Ki Hap Locations #1 Side Kick, # 2 last high block forward, and # last move – Total #3*

**Bong Hyung IL Bu** (Staff Form #1) Ideal Completion Time 25-30 sec Total # of Movements

*Ki hap locations #1 First front Kick and #2 last front Kick - Total #2*

**One Step Fighting (IL Soo Sik):**

Green Belt One Step Fighting 4, 5, & 6

|  |  |  |
| --- | --- | --- |
| 4 | Get out of the way  Block  Elbow  Elbow  Step Back  Roundhouse kick  Punch, Chop | (Step back with the left foot)  (Right hand out-in block chop)  (Slide in with a right elbow strike to the ribs)  (Spin counter clockwise, left elbow to the face)  (Right leg kick to ribs)  (Left center punch) (Out- in chop to the neck) |
| 5 | Get out of the way  Block  Crop  Step Back  Front Leg Side Kick  Punch, Punch | (Step back with the left foot)  (Right Hand out-in block chop)  (Slide in with a right canter chop strike to the neck)  (Right Kick to the ribs)  (Left) (Right) |
| 6 | Get out of the way  Block  Punch  Punch  Roundhouse Kick  Chop Punch | (Step 45° forward with left foot)  (Right hand in- out block chop)  (Left center punch)  (Right punch to the face)  Right leg kick to ribs)  (Right center chop strike to the neck) (Left) |

**Self Defense (Ho Sin Sul):**

Number 1-16

**Application**

1. Demonstrate two sequences of the form.

|  |  |
| --- | --- |
| Sequences | Attack(s) |
|  |  |

**Breaking:** Elbow Strike Pahl Koop Kong Kyuk

**Philosophy of a Green Belt**

**GREEN BELT** represents summer, like the rapid growth of all the green things of the summer. The student is maturing into a skilled practitioner of our art. He or she has grown from the seedling of winter, through the spring, and is passing through the summer. By the end of summer, the green plant shows maturity. The emphasis now is on producing the fruit. Similarly, the student’s physical techniques are beginning to come together with his mind. The attributes of speed, power, grace, agility and control become an important phase of training. The student should be overcoming the awkwardness felt during early days of training.

**About the Form**

**Pyung Ahn**

The characteristic of “Pyung” resembles that of a balanced scale. It corresponds to “well balanced, calm, and peaceful.” “Ahn” corresponds to “be safe, calm, and comfortable.” By mastering the Pyung Ahn, one can develop a feeling of peace and confidence in his or her mind regardless of the situation. This feeling is attained primarily because the nature of the forms is self-defense.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name of Creator** | **Date of Creation** | **Ideal Completion Time** | **Point of Ki hap** | **Total # of movements** | **English** |
| Anko Itosu | 1895 | 30-35 sec | 8, 12, 29 | 29 | Pyung Ahn Ee Dan  Turtle Form #2 |
| Kwan Ho Chon | 1980’s |  |  |  | Bong Hyung Il Bu  Staff Form #1 |

**Terminology**

1. Form #2 Name and Steps Pyung Ahn Ee Dan 29 Steps
2. Federation Flag Terminology Sung Cho Ki
   1. Blue Represents – Vigilance, Perseverance, and Justice
   2. White Represents – Purity and Innocence
   3. Red Represents – Hardiness and Valor
   4. 13 Stripes Represent – 13 Original Colonies
   5. 50 Stars Represent – 50 States
3. ATF Rules: #6

6. Senior belt students should set a good example. They should show respect for and help lower belt students. Lower belts should always show respect for their senior belt fellow students.

1. Children Home Rule ALL