



Advanced Green Belt Adults Requirements:

*New Techniques from Green Belt
Also Responsible for all Material Previous Learnt*

Hand Techniques:

Strikes:

- Back Fist to the Side of the Head
- Body Thrust

Kicks:

- Push Kick
- Jump Front Kick
- Jump Axe Kick
- Jump Roundhouse Kick

Forms:

Tae Guk Sam Jang – Tae Guk #3

Other Skills:

- Contact Sparring
- Moving Basics

Self-Defense:

A16 – A20

Break:

Spin Back Kick

Korean Language and Related Trivia:

- ❑ Memorize Student Creed
- ❑ Explain why we position our body like we do, when in the defensive stance.
- ❑ What is the difference between defensive and offensive?
- ❑ What Does “WTF” & “ITF” Stand for?
- ❑ Why do we bow when entering or leaving the workout floor?