

# Promotion Requirements

## for Green Stripes (8<sup>th</sup> Gup)

CURRENT BELT:



### Basic Techniques

#### Hand Techniques:

Guarding block, Knife-hand strike (palm down), Double forearm block

#### Kicking Techniques

Cut kick, Front-back double kick, Nah al bam, Back kick

**Breaking Techniques:** Back kick, step-in side kick

### Sparring Step Drills

#### From Left Sparring Stance (Right leg back)

##### 7) Step-in Side Kick

- Step forwards, right foot behind the left, and execute left side kick.
- Land forward after the kick, then slide back (Hoojin step) to the original position.

##### 8) Nah al bam

- Spinning on the front leg, rotate 180 degrees to reverse (back) side.
- Replace the left (planted) foot with the right and rotate your hips over into a left turning kick.
- Land forward into a left sparring stance and then slide back to original position

##### 9) Reverse nah al bam (partner initiates with chunjin step)

- Take a reverse step back to right sparring stance (step left (front) foot back rotating clockwise about the right foot).
- Lift right foot and perform a turning kick with the left foot.

### One Step Sparring Drills

#### 4) Left Outside to Inside Crescent Kick, and Right Turning Kick

- Execute left outside to inside crescent kick, and plant the foot next to the right foot.
- Execute right high turning kick and land to right natural stance. Ki-Up.
- Move right foot back to joonbi stance.

#### 5) Left Inside to Outside Crescent Kick, and Right Side Kick

- Execute left inside to outside crescent kick, and plant the foot closely behind the right foot with hips turned completely sideways.
- Execute right side kick and land to right sparring stance. Ki-Up.
- Move right foot back to joonbi stance.

#### 6) Right Out-to-In Middle Block, and Left Reverse Knife-hand Strike

- Step forward with the right leg into a left sparring stance, and execute right out-to-in middle block.
- Rotate 180 degrees counter clockwise( turning toward your left shoulder) and execute left reverse knife-hand strike to the neck, and Ki-Up.

## TAE GEUK E CHANG

### MOVEMENTS: 18

**DEFINITION:** Represents the actions of Tae of Palgwe principle symbolizing joy. State of mind must be kept firm and gentle with positive attitude to overcome obstacles. This poomse should be performed gently, but forcefully.

1. Turn **90 degrees** to the **left** with left leg into **left walking stance** with **left down block**.
2. Aiming with left hand move right leg forward into **right front stance** and **right middle punch**.
3. Turn **180 degrees** to the **right** moving the front leg( right leg) into **right walking stance** with **right down block**.
4. Aiming with right hand move left leg forward into **left front stance** with **left middle punch**.
5. Turn **90 degrees** to the **left** moving the front leg( left leg) into **left walking stance** with **right out-to-in middle block**.
6. Move forward with right leg into **right walking stance** with **left out-to-in middle block**.
7. Turn **90 degrees** to the **left** pivoting both feet into **left walking stance** with **left down block**.
8. Throw **back leg( right leg) front kick** and land forward aiming with left hand into **right front stance** with **right high punch**.
9. Turn **180 degrees** to the **right** moving the front leg( right leg) into **right walking stance** with **right down block**.
10. Throw **back leg( left leg) front kick** and land forward aiming with right hand into **left front stance** with **left high punch**.
11. Turn **90 degrees** to the **left** moving the front leg( left leg) into **left walking stance** with **left high block**.
12. Move forward with right leg into **right walking stance** with **right high block**.
13. Turn **270 degrees** to the **left** moving the back leg ( left leg) and pivoting on the front( right) leg into **left walking stance** with **right out-to-in middle block**.
14. Turn **180 degrees** to the **right** moving the back leg ( right leg) into **right walking stance** with **left out-to-in middle block**.
15. Turn **90 degrees** to the **left** by pivoting both feet into **left walking stance** with **left down block**.
16. Throw **back leg( right leg) front kick** and land forward in **right walking stance** with **right middle punch**.
17. Throw **back leg( left leg) front kick** and land forward in **left walking stance** with **left middle punch**.
18. Throw **back leg( right leg) front kick** and land forward in **right walking stance** with **right middle punch**. Ki-Up.

## DAN-GOON

### MOVEMENTS: 21

**DEFINITION:** Named after the legendary founder of the first kingdom of Korea, Choson, in 2333 B.C. by the holy Dan Goon. (NOTE ALL PUNCHES HIGH SECTION)

1. Turn **90 degrees** to the **left** with left leg into **left back stance** with **left knifehand guarding block**.
2. Move right leg forward into **right front stance** with **right high punch**.
3. Turn **180 degrees** to the **right** moving the front leg( right leg) into **right back stance** with **right knifehand guarding block**.
4. Move left leg forward into **left front stance** with **left high punch**.
5. Turn **90 degrees** to the **left** moving the front leg( left leg) into **left front stance** with **left down block**.
6. Move right leg forward into **right front stance** with **right high punch**.
7. Move left leg forward into **left front stance** with **left high punch**.
8. Move right leg forward into **right front stance** with **right high punch**.
9. Turn **270 degrees** to the **left** moving back leg( left leg) into **left back stance** with **left double forearm block**(Arms form a cross in front of you, closed palms faced in. Right hand forms the horizontal part, left arm the vertical and is on the outside. Execute **right high block** and **left outside middle block**)
10. Move right leg forward aiming with left hand into **right front stance** with **right high punch**.
11. Turn **180 degrees** to the **right** moving the front leg( right leg) into **right back stance** with **right double forearm block**( left hand is now on the inside).
12. Move forward with left leg aiming with the right into **left front stance** with **left high punch**.
13. Turn **90 degrees** to the **left** moving the front leg( left leg) into **left front stance** with **left down block**.
14. Immediately follow with **left high block**.(13, 14 are all in one count)
15. Move right leg forward into **right front stance** with **right high block**.
16. Move left leg forward into **left front stance** with **left high block**.
17. Move right leg forward into **right front stance** with **right high block**.
18. Turn **270 degrees** to the **left** moving back leg( left leg) into **left back stance** with **left knifehand strike**(left arm coils on top of right, open palm facing up, almost like your hugging yourself).
19. Move right leg forward into **right front stance** with **right high punch**.
20. Turn **180 degrees** to the **right** with front leg( right ) into **right back stance** with **right knifehand strike**.
21. Move left leg forward into **left front stance** with **left high punch**. Ki-Up. LOUDLY.