

SIXTH KEUP - GREEN BELT

All techniques are executed from every stance except where noted.

Memory Verse:

- 1 John 1:9 - (Any Version)

"If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness." NIV

Stances: All demonstrated forward/backward, turning left/right, and around.

- Cat Stance ("Tiger" Stance)

Strikes:

- High Spear hand (Single hand)
- Middle Spear hand
- Low Spear Ridge Hand

Blocks:

- High Knife-edge
- Outside Knife-edge
- Double outer forearm (walking stance)
- Assisted inner forearm (walking stance)
- Low Knife-edge
- Inside Knife-edge
- Double Inner forearm (walking stance)
- Circular block (walking stance)

Forms:

- #4 Won-hyo

Sparring:

- Five-step sparring
- Three - 30 second rounds of contact parring

Kicks:

- Inside crescent kick (Rear Leg)
- Axe Kick (Front leg walking stance)
- Twist Kick (Front Leg)
- Skipping Side Kick (horse stance)
- Hook Kick (Rear Leg)
- Outside Crescent (rear Leg)
- Skipping Front Snap Kick
- Skipping Roundhouse (horse stance)

Breaking:

- Front Kick or Hammer fist (Required for pre-teens (<13) who opt out of side kick)
- Side kick (Optional for Pre-teens)

Self Defense (Emphasis on break/strike/escape sequence):

- Demonstrate front foot sweep
- Rear "bear hug" - arms pinned
- Headlock (standing to side)
- Demonstrate hip throw
- Rear "bear hug" - arms free
- Any skipping kick attack
- Demonstrate calf throw
- Demonstrate front foot sweep