

GREEN BELT REQUIREMENTS

STANCES	ALL PREVIOUS BELTS STANCES	SHUFFLE	DEFENSIVE DIAGONAL SIDE STEP	
BLOCKS	HIGH X BLOCK	LOW X BLOCK		
PUNCHES/STRIKES	HOOK PUNCH	UPPERCUT		
KICKS	FRONT CHARGING PUSH KICK	JUMP SPINNING SIDEKICK	TORNADO KICK	HOOK KICK
STRIKE DEFENSE	<i>*SEE DEFENSE SHEET</i>			
TAKEDOWNS	JUDO SWEEP			
SPARRING	SPARRING WITH TAKEDOWNS			
FORM	(GREEN/WHITE TO GREEN) TAEGUEK SA JANG MOVES 1-6	(GREEN TO GREEN/BLACK) TAEGUEK SA JANG MOVES 1-12	(GREEN/BLACK TO BLUE/WHITE) TAEGUEK SA JANG MOVES 1-18	

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