**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 Sam Dan** (Turtle Form #3) Ideal Completion Time 25-30 sec Total # of Movements 28

*Ki Hap Locations # 1 punch forward and #2 last move – Total #2*

**Bong Hyung Ee Bu** (Staff Form #2) Ideal Completion Time 25-30 sec Total # of Movements

*Ki hap locations - #1 second to last punch forward and #2 second to last punch backward - Total #2*

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

Green Belt One Step Fighting 7, 8, & 9

|  |  |  |
| --- | --- | --- |
| 7 | Get out of the way  Block  Chop  Takedown  Punch | (Step 45° forward with right foot)  (Left hand in-out block chop)  (Right out- in chop strike to the neck  (Step Behind the attacker’s leg and sweep the leg)  (Left Punch to the face) |
| 8 | Block  Grab  Elbow  Step Back  Block  Roundhouse Kick  Back Fist  Takedown, Punch | (Left hand in-out block chop)  (Grab hand with left hand)  (Step in. Right elbow to left side of attacker’s head)  (Keep holding the wrist)  (Left hand in-out block)  (Right leg kick to ribs)  (Right back fist the right side of attacker’s head)  (Step behind the attacker’s leg and sweep the leg) |
| 9 | Get out of the way  Block  Elbow  Hammer Fist, Back Fist  Step Back  Hook Kick  Back Fist, Eye Gouge | (Step Back with the left foot)  (Right hand out-in block chop)  (Slide in with a right elbow strike to the ribs)  (Right hammer fist to the groin then back fist to the face)  (Jump back while keeping right foot forward)  (Right hook kick to the face or stomach)  (Right back fist to the face) (Left strike to the eyes) |

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

Number 1-16

**Application**

1. Demonstrate one sequences of the form.

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

**Breaking:** Spinning Back Hook Kick Dwi Hu Ryo Cha Ki

**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 | 25-30 sec | 10, 28 | 28 | Pyung Ahn Sam Dan  Turtle Form #3 |
| Kwan Ho Chon | 1980’s |  |  |  | Bong Hyung Ee Bu  Staff Form #2 |

**Terminology:**

1. Turtle Form #3 Name Pyung Ahn Sam Dan 28 Steps

|  |  |  |  |
| --- | --- | --- | --- |
| Hand | Sohn | Fist | Chu Mok |
| Fore fist | Chung Kwon | Back fist | Kap Kwon |
| Hammer fist | Kwon do | Knife hand | Soo do |
| Ridge hand | Yup Soo do | Heel of palm | Jang Kwan |
| Plier hand | Jip kye son | Open hand knuckles | Chul ban kwan soo |
| Spear hand | Kwan soo | One finger spear | IL chi kwan soo |
| Two finger spear | Ee Chi Kwan soo |  |  |

1. ATF Rules: #7 & #8

7. Do not demonstrate or teach Tang Soo Do outside the Dojang without the express permission of your instructor. Never degrade Tang Soo So or the reputation of the school.

8. You must have permission from your instructor to participate in any tournament or other martial art activity. All awards will be displayed for recognition at the school for a short duration.

1. Children Home Rule ALL