**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, Palm Strike 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. X-Low Block, X High Block, Knife Hand Crop

**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 Cho Dan** (Turtle Form #1) Ideal Completion Time 25-30 sec Total # of Movements 22

*Ki Hap Locations # 1 last high block forward and #2 last punch backward – Total #2*

**Bong Hyung IL Bu** (Staff Form #1) Ideal Completion Time 25-30 sec Total # of Movements

*Ki hap locations #1 First front Kick and #2 last front Kick - Total #2*

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

Green Belt One Step Fighting 1, 2, & 3

|  |  |  |
| --- | --- | --- |
| 1 | Get out of the way  Block  Punch  Step Back  Front Kick  Step in, Punch, Punch | (Step 45° forward with right foot)  (Left hand in-out chop to attackers right wrist)  (Right hand punch to face)  (Right front kick)  (Left to center) (Right to face) |
| 2 | Get out of the way  Punch  Block  Punch  Step Back  Turning Side Kick  Step in, Punch, Punch | (Step 45° forward with right foot)  (Left hand punch)  (Left hand in-out chop to attackers right wrist)  (Right hand punch to face)  (Right side kick)  (Left to center) (Right to face) |
| 3 | Get out of the way  Block  Elbow  Step Back  Back kick, Punch, Punch | (Step back with the left foot)  (Right hand out-in block chop)  (Slide in with a right elbow strike to the ribs)  (Left foot) (Left) (Right) |

**Self Defense (Ho Sin Sul):** Number 1-16

**Application**

1. Demonstrate One Sequences of the Form.

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

**Breaking:** Step Side Kick Yup Cha Ki or

Jump Side Kick E-Dan Yup 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 | 8, 18 | 22 | Pyung Ahn Cho Dan  Turtle Form #1 |
| Kwan Ho Chon | 1980’s |  |  |  | Bong Hyung Il Bu  Staff Form #1 |

**Terminology:**

1. Turtle Form #1 Name and Step Pyung Ahn Cho Dan 22 Steps
2. Korean Flag Tae Kuk Gi
   1. 3 Bars – Sky (Heaven)
   2. 4 Bars – Fire
   3. 5 Bars – Water
   4. 6 Bars – Ground (Earth)
   5. Red Section – Sun
   6. Blue Section – Moon
3. ATF Rules: #5
4. Whenever you approach your instructor to address him or her, bow first and then speak to him politely.
5. Children Home Rule # 9&10

9. Children will study their homework at school and at home.

10. Children must show respect for teachers and peers at all times.

1. Twelve Characteristics of Forms