



jhoon rhee tae kwon do

# Green Belt Curriculum

## 6 Count Side Kick

1. Chamber side kick with straight posture.
  - a. Full pivot on support foot.
  - b. Support knee locked.
  - c. Chambered leg flat.
2. Side kick thrust and hold.
  - a. Kick with heels, toes down.
3. Rechamber.
4. Side kick again.
5. Rechamber.
6. Foot down.

## Combinations

*All combinations are offensive.*

1. Offensive back leg front kick, back leg round kick, back punch.
2. Offensive front leg round kick, front leg side kick, back punch.
3. Offensive back leg round kick, reverse side kick, back ridge hand.

## Sparring

*Be sure to use light contact.*

1. Mixed rhythm sparring.
  - Rhythm sparring with mixed count. 1st partner throws 1 technique, 2nd partner throws 2 techniques, 1st partner throws 3 techniques, 2nd partner throws 1 technique, etc.
2. Free sparring.
3. Point sparring.

## 10 Sparring Habits to Develop

1. Always wear your protective equipment.
2. Learn to read your opponent. (What stance are they in? What techniques are they using?)
3. Front leg is used 80% of the time.
4. Always stay sideways.
5. Keep guards up/elbows in.
6. Use lateral movement (side to side).
7. Follow up your kicks with punches, and your punches with kicks; use combinations!
8. Stay on the balls of your feet.
9. When kicking, try sliding instead of stepping.
10. Control your technique.



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## Green Belt Form: Hanguk, meaning Korea

*Chun-bi: Arms crossed at wrist, chin level.*

*Left hand is on the outside.*

1. Chun-bi.
2. Look up to right, fold left on top, right high chop, left low chop (high closed stance).
3. Open hand X block at wrists.
4. Double side chop and yell.
5. Look up to left, fold right on top, left high chop, right low chop.
6. Open hand X block at wrists.
7. Open hand mountain block at wrists, palms facing outward.
8. Left chop towards front, high back stance, right hand back punch in high twist stance.
9. Right foot step forward, right chop block, back punch.
10. Left foot step forward, left chop block.
11. Left front leg front kick.
12. Left front punch in front stance with right hand in traditional position.
13. Back punch in front stance position and yell.
14. "Moon Vision" start at chest, high with elbows locked and kneel.
15. (Still kneeling) Cross hands in "X" position and double chop to side.
16. Stand up, feet together, left foot in front, left hand on top, chop.
17. Right back punch.
18. Right to left, high closed stance, open hand X block to open hand mountain block.
19. Turn behind you, left foot steps out, right hand knife hand strike, left hand block.
20. Right back left front kick keeping hands in position.
21. Right back fist and yell.
22. "V" strike starting from double fist cross.
23. Left foot steps forward in front stance, left hand out, slowly switching to right palm heel in low twist stance.
24. Right foot steps out to front stance slowly switching to left palm heel in low twist stance.
25. Bring feet together, turn towards front, right foot steps out in a low twist stance, right hand circular block.
26. Right foot steps forward to a low twist stance, left hand circular block.
27. Left foot steps to right in high closed stance, closed hand X block, break up and arc down to left fold chop.
28. Right back punch.
29. Right foot steps to left in high closed stance, closed hand X block, break up and arc down to right fold chop.
30. Left back punch and yell.
31. Left foot steps to right in high closed stance, closed hand X block, break up, arc down with elbows straight, back to open hand x-block.

### *Things to remember:*

The hand folded on the bottom is usually the hand that goes in the air.