

## **Requirements for 6<sup>th</sup> Gup - Green Belt**

### I. Kicks

1. Hook Kick
2. Corkscrew kick
3. Back Kick

### II. Basics

#### Back Stance

1. Single Knife Hand Block
2. Outer Forearm Block

#### Horse Stance

1. Middle Punch (armpit attack)
2. Palm Block – Double Punch - Kihap
3. Elbow Attack – Reverse Knifehand Strike

### III. Poomse (forms)

1. Taeguk Sam (3rd) Jang
3. One other form

### IV. One Step Sparring

1. Five thru Eight

### V. Self Defense

1. Wrist Grabs
  - a. same side, cross grab, both wrists, two handed

### VI. Combinations

1. Fake, Spinning Side Kick

### VII. Sparring

1. one match

