

Requirements for 7th Gup - Green Stripe

I. Horse Riding Stance –Triple Punch

II. Kicks

1. Outer Crescent
2. Side Kick

III. Basics

Front Stance

1. Low, Inner, Outer and Rising Blocks with Reverse Punch.

Back Stance

1. Outer Block
2. Double Knife Hand Middle Block
2. Double Knife Hand Low Block
3. Double Forearm Middle Block
4. Double Forearm Low Block

IV. Poomse (forms)

1. TaegukYee (2nd) Jang

V. One Step Sparring

1. One thru Four

VI. Combinations

1. Skip Front Kick
2. Skip Roundhouse Kick
3. Skip Side Kick
4. Switch Front Kick
5. Switch Roundhouse kick

