

Green Belt Requirements

1. All White Belt and Yellow Belt Requirements.

2. Form

Name.....**Do San**

Number of Movements.....**24**

Definition.....**Do San(for 6R &6D)- Do San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.**

3. Terminology

Middle Punch.....**Jung-Dan Jiye-Ghee**

High Punch.....**Sang-Dan Jiye-Ghee**

Knife Hand Block.....**Soo- Do Mak-Ghee**

Front Leg Limbering up.....**Appo-Lo Bal-Ol Leg-Ghee**

Side Leg Limbering up.....**Yuhp Po-Lo Bal-Ol Leg-Ghee**

Back Turn Side Kick.....**Duie Yuhp Cha-Ghee**

Reverse Punch.....**Yuk-Jin**

Spear Hand.....**Kwan Soo**

4. Meaning of the Belt

green belt means "a plant growing from the ground"

5. Three reasons to Ki-Ap are:

1) to scare your opponent

2) to increase your power

3) to prevent the wind from being knocked out

6. Performance

Do-San

15 one-steps

Sparring