



# Green Belt Requirements

## Techniques

- Jump Back Kick
- Drawback Apbal Kick
- Front Leg Hook Kick
- Traveling Cut Kick
- Front Double Kick
- Exchange Padachugi

## Combinations

- Nadabon-Back kick
- Cut kick-Side back kick
- Cut Kick-Skip Ax Kick
- Round Kick-Step back Nadabon

## Green Fields Form

1. Chareyut– Attention
2. Choon-bee
3. Step back with Left Leg into Fighting stance
4. Check Left Padachugi
5. Check Right Padachugi
6. Check Right Apbal Left Padachugi
7. Check Drawback Left Apbal Right Padachugi
8. Check Right Fast Kick
9. Left Round Kick
10. Step Back
11. Step In with Left Foot
12. Right Round Kick
13. Left Back Kick
14. Turn Left Foot 45°
15. Left Skip Ax Kick
16. Left-Right Fast Double Kick
17. Turn Right Foot 45°
18. Right Skip Ax Kick
19. Right Left-Fast Double Kick



**2**

Check Right Padachugi



**3**

Check Right Apbal



**1**

Check Left Padachugi



**4**

Left Padachugi



**5**

Check Drawback Left Apbal



**6**

Right Round Padachugi

