

6th Grade Green Belt

FORWARDS

First two movements of Wonhyo

BACKWARDS

Walking stance, low outer-forearm block, rising outer-forearm block, reverse middle punch

FORWARDS

Walking stance, straight fingertip thrust, release, spin, high back-fist side strike

BACKWARDS

Fixed stance, side punch

FORWARDS

Bending stance, side kick, land L stance, knife-hand guarding block

BACKWARDS

L stance, inward outer-forearm block, move the front foot forwards into walking stance, high back-fist side strike

FORWARDS

Kicking off the rear leg, front snapping kick, side kick, turning kick (alternating legs), land L stance, knife-hand guarding block

BACKWARDS

Walking stance, circular inner-forearm block

Examiner's Choice Pattern

Wonhyo

3 step sparring **8 to 10**

3 step semi-free sparring **basic**

Focus kicks: **side kick** and **turning kick**