

5th Gup – Green Stripe Belt

Form: Pyung Ahn Sadan and all preceding forms

Applications:



1. Knife hand block to the wrist and strike pressure point on the forearm



2. Kick to groin



3. Palm arm down with the front hand as you move in



4. Take attacker's arm with rear hand and use front hand to backfist to



1. Double grab to wrists



2. Pull arms back to rear hip and rive knee into attacker's groin



3. Step in, raise arms upwards and place front elbow on attacker's collarbone



4. Push downwards forcefully on attacker's collarbone, forcing them

Fitness (3 mins 10 secs)

- 45 Push Ups
- 45 Squat Thrusts
- 45 Sit Ups
- 45 Star Jumps

Breaking

- Jump Back Kick

Bong

- As per 6th Gup
- Low and high blocks moving forward
- Strikes (side and stabbing movements)
- Basic combinations

Basics

- As directed.
- These will be at a level appropriate to your grade and jump techniques are added at purple belt level.

Sparring

- As directed.
- You can expect to have more bouts and longer times as you progress through the grades.

Combinations

- As directed.
- These will increase in complexity and number as you progress through your grades. They will be combinations of the basics expected at that level.

Typical Grading Questions:

1. Give the codes of the Hwarang Warriors in full
 1. 2.
 3. 4.
 5.
2. Give the names of the 3 basic stances in English and Korean
 1.
 2.
 3.
3. Korean word for 'Kick'
.....
4. Korean word for 'Punch'
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