

## 5th Geub - High Green Belt

### I. Korean Language

- A. One step sparring - Hahn Boon Kyaw Loo Kee
- B. Horseback riding stance - Joo Choom Saw Kee
- C. Single punch - Hahn Boon Jee Loo Kee
- D. Double punch - Dool Boon Jee Loo Kee
- E. Triple punch - Sae Boon Jee Loo Kee
- F. Walking stance - Ahp Saw Kee
- G. Front stance - Ahp Koob Ee
- H. Low block - Ah Lae Mahk Kee
- I. High block - Awl Kool Mahk Kee

### II. Basic Moves

- A. Double knife hand middle block from back stance
- B. Double knife hand low block from back stance
- C. Spear hand with palm down push block from front stance
- D. Reverse knifehand neck strike with open hand high block from front stance
- E. Back fist from front stance
- F. Elbow strike from front stance

### III. Basic Kicks

- A. Back leg hook kick
- B. Jump front snap kick
- C. Jump ax kick

### IV. Form(s)

- A. Tae Kihk Sah Jahng
  1. Starting from ready stance, look to your left, ready your arms for left **double knifehand middle block** and slide left foot toward your left and then turn 90 degrees into **back stance** while executing block.
  2. Execute a left **palm push down block** and ready your right hand for a **spear hand thrust**, then step forward into right **front stance** while executing thrust.
  3. Look over your right shoulder, ready your arms for right **double knifehand middle block**, lift your right foot and step back and turn 180 degrees into **back stance** while executing block.
  4. Execute a right **palm push down block** and ready your left hand for a **spear hand thrust**, then step forward into left **front stance** while executing thrust.
  5. Look to your left, ready your arms for right **reverse knifehand neck strike** and **open hand high block**, slide your left foot toward your left then turn 90 degrees into a left **front stance** while executing strike and block at the same time.
  6. Execute right **front snap kick**, then (without stepping down with your kicking leg) ready your arms for left **middle punch**, as you step into right **walking stance**, execute punch.
  7. Execute a left **side kick** and a right **side kick**, then (without stepping down with your kicking leg) ready your arms for right **double knifehand middle block**, as you step into right **back stance**, execute block.
  8. Look over your left shoulder, ready your arms for left **outside middle block**, slide your left foot toward your right, (behind your left leg) then turn 90 degrees into left **back stance** while executing block.
  9. Execute a right **front snap kick**, then (without bringing your kicking leg down) ready your arms for a right **reverse inside middle block** then step down, (behind your left leg) into left **back stance** while executing block.

