

6th Geub - Green Belt

I. Korean Language

- A. Begin - Shee Jahk
- B. End - Kih Nahm
- C. Training Area - Doe Jahng
- D. Uniform - Doe Boek
- E. Form - Poom Sae
- F. Sparring - Kyaw Loo Kee
- G. Breaking - Kyawk Pah
- H. Belt - Dee

II. Basic Moves

- A. Reverse knifehand neck strike from walking stance
- B. Double knife hand middle block from back stance
- C. Low block, high block, inside middle block, outside middle block and reverse middle punch from back stance

III. Basic Kicks

- A. Hop step kicks (Front, Roundhouse and Side)

IV. Form(s)

- A. Tae Kihk Sahm Jahng

1. Starting from ready stance, look to your left, ready your arms for left **low block** and slide left foot toward your left and then turn 90 degrees into **walking stance** while executing block.
2. Execute a right **front snap kick**, as you land in a right **front stance**, execute a right **double middle punch**.
3. Look over your right shoulder, ready your arms for right **low block**, lift your right foot and step back then turn 180 degrees into **walking stance** while executing block.
4. Execute a left **front snap kick**, as you land in a left **front stance**, execute a left **double middle punch**.
5. Look to your left, ready arms for right **reverse knifehand neck strike**, slide your left foot toward your left then turn 90 degrees into a left **walking stance** while executing strike.
6. Ready your arms for left **reverse knifehand neck strike** then step forward into a right **walking stance** while executing strike.
7. Look to your left, ready your arms for left **knifehand outside middle block**, slide your left foot 90 degrees into left **back stance** while executing block.
8. Step with your left foot into a left **front stance** while executing a right **middle punch**.
9. Look over your right shoulder, ready your arms for right **knifehand outside middle block**, slide your right foot behind your left leg then turn 180 degrees into right **back stance** while executing block.
10. Step with your right foot into a right **front stance** while executing a left **middle punch**.
11. Look to your left, ready your arms for right **inside middle block**, slide your right foot to left foot then turn 90 degrees and step forward into left **walking stance** while executing block.
12. Ready your arms for left **inside middle block** then step forward into right **walking stance** while executing block.