

# Green Belt

## Basic Kicks

1. Straight Leg
2. In to Out
3. Out to In
4. Front
5. Snap
6. 45 Degree
7. Twist
8. Roundhouse
9. Side
10. Hook
11. Back
12. Spin Hook
13. Spinning in to out

## Jump Kicks

1. In to Out
2. Out to In
3. Front
4. Roundhouse
5. Side
6. Hook
7. Back
8. Jump spinning hook
9. Spinning out to in
10. 360 Back

## Combination Kicks

1. Skip Front - Straight Back
2. Skip Roundhouse - Spinning Hook (land w/ leg in front)
3. Step Behind Side - Jump Roundhouse
4. Skip Hook - Spinning Hook Roundhouse
5. Double Roundhouse Hook (back leg)
6. Skip In-to-Out - Motion In-to-Out
7. Out-to-In - Jump Spinning Out-to-in (Tornado)

*You must still continue to improve:*

Tae Kyuk Il Jang & white belt kicks

Tae Kyuk Ye Jang & yellow belt kicks



## Tae Kyuk Oh Jang

### Fifth Taeguk Form

Look to the left/Turn 90° left/Step into left front stance/Left arm low block

- 1 Pull back halfway/Palm down thrust halfway forward (2 second move)
- 2 Draw left foot into ready stance (front)/Cross arms/Left backfist strike to temple

Look to the right/Turn 90° left/Step into right front stance/Right arm low block

- 1 Pull back halfway/Palm down thrust halfway forward (2 second move)
- 2 Draw right foot into ready stance (front)/Cross arms/Right backfist strike to temple

Look front/Right hand target out/Step into left front stance/Left out-to-in block

- 1 Twist to right front stance/Left hand target out
- 2 Twist back to left front stance/Right out-to-in block
- 3 Right leg front kick into right front stance/Right side block
- 4 Twist to left front stance/Right hand target out
- 5 Twist back to right front stance/Left out-to-in block
- 6 Left leg front kick into left front stance/Left side block
- 7 Twist to right front stance/Left hand target out
- 8 Twist back to left front stance/Right out-to-in block
- 9 Step forward into right front stance/Right downward backfist strike with YELL

Look to the left/Turn 270° left/Step into left back stance/Left single knife hand block

- 1 Step into right front stance/right elbow punch

Look to the right/Turn 180° right/Step into right back stance/Right single knife hand block

- 1 Step into left front stance/left elbow punch

Look left/Turn 90° left (front)/Step into left front stance/Left arm low block

- 1 Twist to right front stance/Left hand target out
- 2 Twist back to left front stance/Right out-to-in block
- 3 Right leg front kick into right front stance/Right arm low block
- 4 Twist to left front stance/Right hand target out
- 5 Twist back to right front stance/Left out-to-in block

Look to the left/Turn 90° left/Draw left leg into left front stance/Left arm high block

- 1 Right leg side kick into right front stance/Left elbow strike

Look to the right/Turn 180° right/Draw right leg into right front stance/Right arm high block

- 1 Left leg side kick into left front stance/Right elbow strike

Look to the left (back)/Turn 90° left/Step into left front stance/Left arm low block

- 1 Twist to right front stance/Left hand target out
- 2 Twist back to left front stance/Right arm out-to-in block
- 3 Right front kick/Jump forward into right cross leg stance/Right backfist strike with YELL

(Return to ready stance = Look left/Turn 180° left to ready stance moving left leg)