

# **GREEN BELT**

# Green Belt

Form: Pyung Ahn Sa Dan

One Step Sparring: None

Self-Defense: None

# Green Belt with I stripe

Form: Pyung Ahn Sa Dan

One Step Sparring: # 17, # 18

Self-Defense: Cross Hand Sleeve Grip : # 1, # 2

# Green Belt with II stripes

Form: Pyung Ahn Sa Dan

One Step Sparring: # 17, # 18, # 19, # 20

Self-Defense: Cross Hand Sleeve Grip : # 1, # 2, # 3, # 4



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**PYUNG AHN SA DAN**

## Look to Left

1. Bring your hand to your right hip
  - ❖ Turn to the Left,
  - ❖ Double Knife-hand Block (High Block w/ right hand & Middle Block w/ left hand) in a Back Stance
2. Bring Hands to your left hip, Pivot 180° to the right into a Back Stance
  - ❖ Double Knifehand Block (High Block w/ left hand & Middle Block w/ right hand) in a Back Stance
3. Bring your hand to your front hip Pivot Left 90°
  - ❖ Step out into a Front Stance with your Left foot
  - ❖ Low X-Block (Right Hand On Top)
4. Step Forward (W/ Right Foot)
  - ❖ Reinforced Two Fist Middle Block (W/ Right Hand Blocking) into a Front Stance

5. Left Foot Slides Beside Right Foot

- ❖ Left Hand Drops to Belt as Right hand Chambers Over Top
- ❖ Left Foot comes to Side Kick Chamber Position (Hands Shift to Right Side)(This is Done W/ a Sharp Snapping of the Movements)

6. Left leg Side Kick and Left hand Side Backfist (rechamber your leg leaving your left hand out)

- ❖ land in Front Stance (with your left hand grabbing the attackers head)
- ❖ Right Elbow Smash

7. Pivot right 90°, Left Hand on Left Waist W/ Right Hand Chambered Above it, Horse Stance

8. Left Foot Slide Beside Right Foot

- ❖ Hands switch to right side as Right Hand Drops to Belt as Left hand Chambers Over Top
- ❖ Right Foot comes to Side Kick Chamber Position (Hands Shift to Left Side)(This is Done W/ a Sharp Snapping of the Movements)

9. Right Side Kick and Right Side Backfist (rechambering your side kick and leaving your right hand out)

❖ Landing in a Front Stance

❖ Left Hand Elbow Smash

10. Pivot Left 90°, Left High Knifehand Block

❖ Right Knife-hand (Soo Do) Strike in a Front Stance

11. Right Front Snap Kick (rechamber)

❖ Jump Forward to Right Side Backfist,

❖ Left Foot Landing Behind Right Heel, Keop!

## SECOND HALF

1. Pivot Left  $125^{\circ}$ , Double Pushing Inside to Outside Blocks (**Crossing and grabbing the lapels**), **Front Stance**
2. Right leg Front Snap Kick Pulling Target W/ Right Hand
  - ❖ Double Middle Punch (**Right Hand First**) land in a **Front Stance**
3. Pivot Right  $90^{\circ}$ , Double Pushing Inside to Outside Blocks (**Crossing and grabbing the lapels**), **Front Stance**
4. Left Front Snap Kick Pulling Target W/ Left Hand
  - ❖ Double Middle Punch (**Left First**), landing in a **Front Stance**

5. Pivot Left 45°, Reinforced Two Fist Middle Block (Left Hand Blocking), Back Stance
6. Step Forward Right Foot, Reinforced Two Fist Middle Block (Right Hand Blocking), Back Stance
7. Step Forward Left Foot, Reinforced Two Fist Middle Block (Left Hand Blocking), Back Stance
  - ❖ Pull both hands back Right Waist
  - ❖ Choke Grab to the attackers neck
  - ❖ Sliding into a Front Stance W/ Left Foot
8. Right leg Knee attack, Keop,
  - ❖ Put Right Foot Down in front of you , Pivot Left 180°
  - ❖ Middle Knifehand Block (Left Hand Blocking) land in a Back Stance
9. Step Forward W/ Right Foot at 45° into a Back Stance
  - ❖ Middle Knifehand Block (Right Hand Blocking)





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# **GREEN BELT | STRIPE**



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# ONE-STEP SPARRING



# # 17

## Opponent will throw 2 punches (one after each keep signal)

1. Step forward with your left foot
  - ❖ palm strike to the groin with the right hand (hand below the belt)
  - ❖ cross palm block with the left hand (block a punch coming at your nose)
2. (Keep) Circle right hand up to do an open handed middle block (palm up towards the sky) pivot into a side horse stance.
3. Pull front foot(left) to opposite knee stepping into the middle of the opponents stance in to a horse stance
  - ❖ left hand palm strike to the solar plexus
4. Jump back kick      Keep!

# # 18

Opponent will throw 2 punches (one after each keop signal)

1. Step forward with your Right foot
  - ❖ palm strike to the groin with the Left hand (hand below the belt)
  - ❖ cross palm block with the Right hand (block a punch coming at your nose)
2. (Keop) Circle Left hand up to do a open handed middle block (palm up towards the sky) pivot into a side horse stance.
3. Pull front foot(right) to opposite knee stepping into the middle of the opponents stance in to a horse stance
  - ❖ Right hand palm strike to the solar plexus
4. Jump back kick      Keop!

**SELF-DEFENSE  
CROSS HAND SLEEVE  
GRIP**

# #1

Counts:

1. Circle your Right hand upward & inward (**waving hello from the inside**)
  - ❖ Grab opponent's Right wrist with your Right hand
  - ❖ Grab under your opponent's Right elbow with your Left hand (**bending opponent's elbow to 90 degrees**)
  - ❖ Push up on opponent's Elbow & twisting and pulling down on the opponent's wrist
2. Step back onto # 7 with your Right Foot, rotating 225 degrees
  - ❖ pushing opponent's elbow to the floor (**a circular motion**)\*At the same time Kneeling down as opponent goes to the floor
3. Roll your Left hand to a Soo Do position on to the pressure point on the Upper arm, put your Right hand on opponent's Right elbow, put your Left hand (upside down pac-man) on the opponent's Right hand, Pull opponent's elbow into your elbow ( Z lock position)
4. Stand up with opponent's arm in the (Z lock position), Reverse Punch, Keop!

# #2

## Counts:

1. Circle your right hand out and up (same as #1)
  - ❖ stepping with your right foot across your left (to the number 10 on the clock face) into a horse stance
  - ❖ grabbing your opponents right hand with your left (your fingers on the inside of there palm and your thumb on the back of there palm)
  - ❖ twist their wrist using your right forearm for pressure.
2. Using your right arm elbow the attacker in the nose.
3. Release the attackers hand
  - ❖ brace your left hand with your right hand, and spin over your left side, Upper cut elbow under the chin, Keop!

**GREEN BELT II STRIPES**





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# ONE-STEP SPARRING

# # 19

## Opponent will throw 2 punches (one after each keop signal)

1. Step forward with your left foot into a back stance
  - ❖ upper palm block with your left hand.
2. (keop) Lower palm block with your left hand.
3. Grab top of opponent's punching hand
  - ❖ using your front foot sweep out opponent's front foot
  - ❖ twisting upward your opponents punching hand.
4. Reverse punch to opponent on the ground, Keop!

# # 20

## Opponent will throw 2 punches (one after each keop signal)

1. Step forward with your Right foot into a back stance
  - ❖ upper palm block with your Right hand.
2. (keop) Lower palm block with your Right hand.
3. Grab top of opponents punching hand
  - ❖ using your front foot sweep out opponent's front foot
  - ❖ twisting upward your opponents punching hand.
4. Reverse punch to opponent on the ground, Keop!

**SELF-DEFENSE  
CROSS HAND SLEEVE  
GRIP**

# #3

## Counts:

1. Circle your right hand out and up (same as #1)
  - ❖ Left hand grabs underneath your Right arm trapping opponent's arm to yours
  - ❖ Stepping back with your Right foot and twisting opponent's arm like #3 same side grip
2. Front snap kick Right Leg to opponent's face landing on #2 in a horse stance
  - ❖ pulling opponent's arm to your Left side
3. Elbow smash with your Right elbow onto extend opponent's elbow, Keop!

# #4

## Counts:

1. Circle your right hand out and up (same as #1)
  - ❖ placing your Left hand on back of opponent's hand from underneath pinning it to your right arm.
2. Right Footsteps onto #1 into a horse stance, bending opponent's arm into a (Z lock Position)
3. With your Right hand point you fingers at the sky
  - ❖ slice your opponent in half as if your fingers were a sword
  - ❖ at the same time bending your knees into a deeper horse stance, Keop!