



Solid Gold Belt Requirements

(Minimum 2 months & 20 Classes)

IN ADDITON TO EVERYTHING LEARNED AT THE PREVIOUS LEVEL(S)

1st Green Stripe (Basics)

Hand Strikes

1. Palm Heel Strike
2. Jab & Punch Combo

Kicking Strikes

1. [Axe Kick](#)
2. [Round Kick](#)
3. Slide Round Kick
4. [Defensive Side Kick](#)
5. Slide Side Kick

2nd Green Stripe (Self-Defense)

Front Choke

1. Attacker chokes defender with two hands and straight arms at the defender's throat.
2. Defender pins attacker's right wrist with their left hand.
3. Defender raises their right arm straight up towards the ceiling.
4. Defender twists their body to the left as they drop their right arm over the attacker's arms dismissing the attacker's choke.
5. Defender uses their right arm to elbow to the attacker's face.
6. Defender steps away into a fighting stance.

Shirt Grab and Pull

1. Attacker grabs the defender's shirt and pulls them.
2. Defender steps up and towards the attacker's free hand while dropping their arm up and over the attacker's grabbing hand.
3. Defender has their other hand up to help guard against a possible incoming punch.
4. Defender palm heel strikes to attacker's face with their free hand.
5. Defender steps away into a fighting stance.

3rd Green Stripe (Form)

Wan Jun Hyung (First Half)

"Pursuit of Excellence"