

GREEN BELT

HAND and FEET COMBINATIONS

1. Ha Dan Mahk Ko Tora So Choong Dan Kong Kyuck	1. Front Stance Low Block Front Stance Reverse Punch
2. Choong Dan Kong Kyuck Tora So Choong Dan Kong Kyuck	2. Front Stance Center Punch Front Stance Reverse Center Punch
3. Choong Dan Wheng Jin Kong Kyuck Hu Gul Yup Mahk Ko	3. Horse Stance Side Punch Fighting Stance Side defense
4. Chun Gul Sang Soo Mahk Ko Tora So Choong Dan Kong Kyuck	4. Front Stance Two-Fisted Middle Block Front Stance Reverse Punch
5. Ha Dan Soo Do Mahk Ko Tora So Kwan Soo Kong Kyuck	5. Fighting Stance Low Knife Hand Block Front Stance Reverse Spear Hand Attack
6. Pankeso Ahnu Ro Mahk Ko Tora So Pankeso Ahnu Ro Mahk Ko	6. Front Stance Outside/Inside Block Front Stance Reverse Outside/Inside Block
7. Yuk Soo Kong Kyuck Choong Dan Soo Do Mahk Ko	7. Front Stance Defense Punch Fighting Stance Middle Knife Hand Block
8. Dwi Cha Go Sang Dan Mahk Ko	8. Back Kick Front Stance High Block
9. Ahp Cha Go Dull Ryo Cha Go	9. Front Kick Round Kick
10. Dull Ryo Yup Cha Go Dwi Cha Go	10. Turning Side Kick Back Kick
11. Dull Ryo Cha Go E Dan Ahp Cha Go	11. Round Kick Jump Front kick
12. Ahp Cha Go E Dan Yup Cha Go	12. Front Kick Jump Side Kick