

Green Stripe

Techniques

- Apgoobi Ro Momtong Giroogi - Walking Stance Punch
- Joochoomsae Momtong Giroogi - Horse Stance Punch
- Arae Makgi - Down Block
- Momtong An-Makgi - Inside Middle Block
- Olgool-Makgi - Face Block
- Apchagi - Front Kick
- Bichagi Retract - 45 degree angle kick mid section
- Dwichagi - Back Kick
- Dwichagiro BartauxChagi ("Padeauchagi") - Counter Back Kick
- Naraechagi – double bichagi

Terminology

- Chareut – Attention
- Kyunge – Bow
- Anjo - Sit Down
- Kamsahumnida - Thank You
- Dobok – Uniform
- Dojang - Training Place
- Shio – Relax
- Joonbi - Ready Position
- Tae – Kick
- Kwon – Punch
- Do - way we choose to live our lives
- Hana – One
- Dool - Two
- Set – Three
- Net – Four
- Dasot – Five
- Yasot – Six
- Ilgop – Seven
- Yodol – Eight
- Ahop – Nine
- Yol - Ten

Sparring

- Same Sides; Opponent attacks rear leg, move 45 degrees, counter double bichagi.
- Opposite Sides; Opponent attacks with Back Kick, counter rear leg Bichagi.
- Fighting - One 2 minute round.

Forms

- Taeguk - #1