



Solid Green Belt Requirements

(Minimum 2 months & 20 Classes)

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

1st Purple Stripe (Basics)

Hand Strikes

1. Blitz

Kicking Strikes

1. Double Round Kick
2. Slide Round Kick with a Blitz
3. Slide Side Kick with a Blitz

2nd Purple Stripe (Self-Defense)

Bear Hug (Arms Trapped)

1. Attacker is behind the defender.
2. Attacker grabs defender in a rear bear hug while also trapping the defender's arms.
3. Defender curls their arms up and pins the attacker's arms/hands.
4. Defender takes a small step to the side as they push their hips out that same direction.
5. Defender uses the closest hand to do two hammer fist strikes to the groin.
6. Defender uses the same arm to do two elbow strikes to their gut, freeing them from the grip.
7. Defender steps away into a fighting stance.

Bear Hug (Arms Free)

1. Attacker is behind the defender.
2. Defender contains the attacker's arms as they drop into a wider stance.
3. Defender twists their body to one direction and strikes with two elbows to the attacker's head.
4. *Defenders can push one of attacker's hands off the other if they still find themselves stuck after the strikes*
5. Defender steps away into a fighting stance.

3rd Purple Stripe (Form)

Wan Jun Hyung (Full Form)

"Pursuit of Excellence"