

(Taegeuk Sah Jang)
Green Belt Form

- Start in the Ready or "Joon Bi" stance
- Turn left 90 degrees, left double knife hand middle block in back stance
- Step forward, right fingertip thrust in front stance
- Turn right 180 degrees, right double knife hand middle block in back stance
- Step forward, left fingertip thrust in front stance
- Turn left 90 degrees, left knife hand high block and right knife hand strike (both at same time) in front stance
- Right front kick, left middle punch in front stance
- Left side kick
- Right side kick, right double knife hand middle block in back stance
- Turn left 270 degrees, left outside block in back stance
- Right front kick (don't move forward), right inside block in back stance
- Turn right 180 degrees, right outside block in back stance
- Left front kick (don't move forward), left inside block in back stance
- Turn left 90 degrees, left knife hand high block and right knife hand strike (both at same time) in front stance
- Right front kick, right back fist strike (to opponent's nose) in front stance
- Turn left 90 degrees, left inside block followed by a right middle punch in walking stance
- Turn right 180 degrees, right inside block followed by a left middle punch in walking stance
- Turn left 90 degrees, left inside block, right middle punch and then a left middle punch in front stance
- Step forward, right inside block, left middle punch and then a right middle punch in front stance
- Yell Kihap!
- When the Instructor says "Bah Ro", turn and face the Instructor.