

## Green Belt to Blue Belt

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TERMINOLOGY	BLOCKS AND STRIKES	STANCES	EXERCISES
<p>FIRST – IL</p> <p>SECOND – EE</p> <p>THIRD – SAM</p> <p>FOURTH – SAH</p> <p>FIFTH – OH</p> <p>SIXTH – YUKE</p> <p>SEVENTH – CHIL</p> <p>EIGHTH – PAL</p> <p>NINTH – GOO</p> <p>TENTH - SHIP</p>	<p>FORWARD ELBOW</p> <p>SIDE ELBOW</p> <p>DOWNWARD ELBLOW</p> <p>BACK ELBOW</p> <p>UPWARD ELBOW</p>	<p>FORWARD-X STANCE</p> <p>SIDE-X STANCE</p> <p>L STANCE</p>	<p>10 TOE TOUCH SIT UPS</p> <p>10 DOUBLE LEG PUSHES</p> <p>10 UPWARD SINGLE LEG PUSHES</p> <p>10 360 JUMPS</p>
KICKS	SPARRING TECHNIQUES	POOMSAE	SELF DEFENCE
<p>SPIN HOOK KICK</p> <p>DOUBLE ROUNDHOUSE KICK</p> <p>JUMP BACK KICK</p> <p>NARA BAN</p>	<p>SLIDE BACK DOUBLE ROUNDHOUSE KICK</p> <p>FADE BACK ROUNDHOUSE KICK</p> <p>CLINCH THEN TURN</p>	<p>TAEGEUK SAH JANG</p> <p>TAEGEUK OH JANG</p>	<p>N/A</p> <div style="background-color: #ff0000; color: white; text-align: center; padding: 5px;"><b>BOARD BREAK</b></div> <p>BACK KICK</p>