



GREEN BELT

(6th Gup)

Test Requirements

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<p>Techniques:</p> <ol style="list-style-type: none"> 1. Back stance – double knife hand block & low together 2. Front stance – X- fist High 3. Front stance – Elbow strike across 	<p>Kicks:</p> <ol style="list-style-type: none"> 1. Front Kick 3X no dropping 2. Side kick 3. Hooking kick
<p>One Steps: 10 – 12</p> <ul style="list-style-type: none"> • TEN – knife hand high block – reverse hand sudo chop / reverse hand side elbow strike • ELEVEN – double forearm block (straddle) – reverse hand side elbow strike / reverse hand elbow strike up • TWELVE – knife hand low block – reverse leg front kick low / grab head reverse knee strike up 	<p>Self Defense:</p> <ul style="list-style-type: none"> • Bear hug
<p>Noc Bup:</p> <ul style="list-style-type: none"> • Front leg shoulder roll 	<p>Breaks:</p> <ul style="list-style-type: none"> • Elbow across
<p>Hyung (Form):</p> <p>Him Jul Hanna [Power Form 1]</p> <ul style="list-style-type: none"> • Description / Video 	<p>Knowledge:</p> <ol style="list-style-type: none"> 1. Kun-Gek Do 2. Five Codes to Live By 3. Name and meaning of your form
<p>Terminology:</p> <p>Know the meanings/definitions; not what you do when you hear it:</p> <ol style="list-style-type: none"> 1. Kwan Chang Nim 2. Sah Bum Nim 3. Kyo Sah Nim 4. Kugki 5. Choon Bee 6. Shio 7. Shi Jak 8. Tora 9. Dashi 10. Ko Map Sum Ni Da 	

National Karate Institute | 9 West Main Street | Moorestown, NJ 08057 | 856-866-8665

nkikarate@moorestownmartialarts.com

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