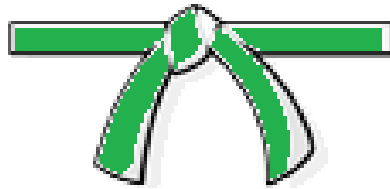




Green Belt Workbook



Master Robert Adelman
Grand Master Jong Hak Yi

Stances

ALL PREVIOUS- (Improved past techniques)

Combat Drill - Fighting Stance

ALL PREVIOUS-ADD: (Improved past techniques)

Power Drill (Basic Drill)

ALL PREVIOUS- (Improved past techniques)

Basic Walking Drill (Walking Stance)

ALL PREVIOUS- (Improved past techniques)

Kicking Drill

ALL PREVIOUS-ADD:

Green Belt Kicks:

Jumping Front Kick
Jumping Inside Kick
Jumping reverse outside Kick
Jumping Roundhouse/ Turning Kick
Jumping Side Kick
Jumping back Swing kick

Forms:

Kibon IL Jang	(Basic 1)	(6 Steps)
Kebon YI-Jang	(Basic 2)	(8 Steps)
Palgwe IL-Jang	(Palgwe 1)	(20 Steps)
Palgwe YI-Jang	(Palgwe 2)	(20 Steps)
Palgwe SOM- Jang	(Palgwe 3)	(22 Steps)
Palgwe SA-Jang	(Palgwe 4)	(24 Steps)

One Steps (Move, Block, Strike, Throw and Finish)

Create your own one step combinations also adding joint locks to the mix.

Throws:

- Fireman Throw
- Hip / Belt Throw - Judo Throw
- Monkey Throw
- Lazy Man Takedown (From back bear hug)

Falls and Rolls:

- ALL PREVIOUS-ADD:
- Left Side dedicated Roll
- Right Side dedicated Roll

Joint Locks:

- Escorts (Fan, Cane, Reverse Cane, Reverse Fan)
- Straight Arm Bar (From reverse Fan)
- Reverse fan Lock arm bar (keeping pressure on joint)
- Behind the back pass (Fan)
- Reverse Sternum Lock (Arm bar)

Free Sparring:

- 2 and 2 (Kick only)
- 3 and 3 (All Strikes)
- Light Contact Sparring (1 vs 1)

Grappling:

-2 Min Drills (With Submissions) - Please use caution when appalling joint locks and submissions. Don't forget to TAP!!!!!!!

STUDENT NOTES:
