

GREEN STRIPE > GREEN BELT
THEORY REQUIREMENT

How to Bow to:

The General	Charyot Chong Shi Ja Nim Ke Kyung Ye
The Examiner	Charyot Shim Sa Kwa Nim Ke Kyung Ye
The Instructor	Charyot Sa Bum Nim Ke Kyung Ye
The Assistant Instructor	Charyot Bo Sa Bum Nim Ke Kyung Ye

Training Secret:

1. To study the theory of power thoroughly
2. To understand the purpose and method of each movement clearly
3. To bring the movements of eyes, hands, feet and breath into one single coordinated action

Purpose of:

1. Outer-forearm High-side Block

- To block a high punch on the side