

HIGH GREEN BELT

Techniques

1. All lower belt techniques.
2. Circular block
3. Walking stance reverse punch
4. Closed stance
5. Bending stance
6. Back kick
7. Closed ready stance A
8. Bending ready stance A

Three Step Sparring

10. Twin forearm block with an inward knife-hand strike defense (L = forward/backward)
11. Circular block with a front kick defense (W = forward/backward)
12. Bending ready stance A with a side kick defense (bending stance Forward/Backward)

One Step Self Defense

Review all lower belt combinations

12. Jump right forward into sitting stance; left knife-hand block and right high-section inward knife-hand strike combination; step forward left grabbing opponent's right wrist and right shoulder; right foot sweep; right reverse punch with yell.
13. Jump right forward into sitting stance; left knife-hand block and right high-section inward knife-hand strike combination; bring right foot back to left and right high-section knife-hand strike at same time.
14. (Opponent punches high-section.) Drop forward into left walking stance; left high-section knife-hand block and right high-section inward knife-hand strike combination.

Sparring Combinations

Review all lower belt combinations

13. Front Foot Front Turning Kick - Same Leg Side Kick – Back Fist - Reverse Punch
14. Back Fist - Front Foot Side Kick - Reverse Punch - Rear Leg Front Turning Kick
15. Reverse Punch - Rear Leg Front Turning Kick - Back Kick
16. Rear Leg Side Kick - Back Kick



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Pattern

1. All lower belt patterns
2. Won-Hyo

Vocabulary

1. Won-Hyo is named after the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D., 28 Movements.
2. Grandmaster Hwang's Biography

What to expect from this belt:

Overall, this belt continues to be enjoyable for both adults and children. Techniques get more advanced, kicks get progressively harder but also higher for most students, and sparring/take downs are no longer new and foreign. Hang-ups are usually minor for most students. Children sometimes feel a bit overwhelmed with the High Green Sparring Combinations and Pattern. Attending extra pattern classes will likely do the trick as will practicing the pattern at home in front of parents. This belt also tends to be where some children actually spend two testing cycles progressing through because the material does get more challenging. The biggest factor in helping children to work through this is to make sure they do not have an expectation to test just because testing time has come again. We make efforts in class to dissuade expectations so parents want to try to do the same so that this does not become a dilemma. *The High Green pattern is usually the area that adults have the most struggles. The motions are complicated and can be frustrating to learn, so, as earlier stated; adults want to remind themselves that things never have to be perfect.*

Mr. B's
TaeKwon Do



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Grandmaster Kwang Sung Hwang was born in Haepyung Meon Kyung Puk Province southeast of Teagu City, South Korea. Grandmaster Hwang was raised and educated in Taegu, which is the third largest city south of the 38th parallel, and is south east of Seoul and north of Busan. At the age of eleven, he started his martial arts training. After graduating with a degree in Political Science from KyungPook National University he joined the Republic of Korean Army as a commissioned officer in 1964. Serving as a Korean Airborne and Ranger officer and serving his country in Vietnam. He was stationed in Saigon, Chu Ly, and several others. He taught Taekwon-Do to the Korean Tiger Division, the Korean Army, the US Army and the US Marines along with the Vietnamese Army. Receiving commendation medals from Korea and Vietnam. 1970 marked his retirement from the ROK Army as a Captain, and Service Company Commander of the 26th Infantry Division. Also known as the Taekwon-Do Division.

1971 marked the year Grandmaster Hwang was invited to the US and first taught a credited class at Manchester Community Technical College, and then one year later in 1972 he opened his first Taekwon-Do school. In 1974 Grandmaster Hwang graduated from the first International Taekwon-Do Federation Instructors course held by General Choi, HongHi in Montréal Canada. He also graduated from the ITF Umpires course. Grandmaster Hwang also happens to be one of three Grandmasters (9th Degree black belts) ever promoted by General Choi, HongHi. The others are Grandmaster Rhee of the UK, and Grandmaster Sereff of the US.

Grandmaster Hwang has served as Director of the USA Junior Taekwon-Do team every Junior World Championships since 1990 and was the 1989 and



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1992 USA Senior Taekwon-Do Team Director. Grandmaster Hwang served as special assistant to General Choi, was the Official Spokesman of the ITF, and served as Chairman of the ITF Promotion and Merger Committees. In addition, as Secretary General of the ITF.

Grandmaster Hwang currently oversees 15 Hwang's School of Taekwon-Do, and many schools throughout the world. Traveling and giving seminars in places such as Argentina, Aruba, Australia, Canada, Dominican Republic, Greece, Italy, India, Ireland, Mexico and the Philippines.

Grandmaster Hwang's Certificate Numbers And Dates

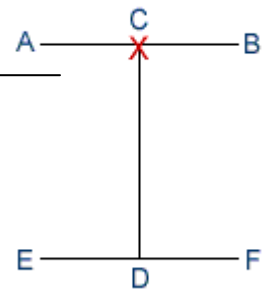
<u>Issue</u>	<u>Date</u>
ITF	
K-9-1	12/8/1997
K-8-16	5/2/1989
K-7-51	11/1/1981
K-6-107	4/28/1975
K-5-213	2/6/1971
K-4-197	6/20/1970
K-3-40	9/18/1968
TANG SOO DO	
2nd Degree	1961
1st Degree	1957

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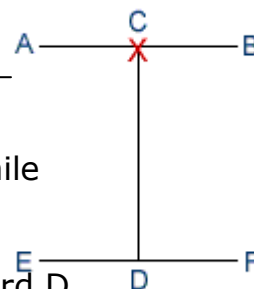


Won-Hyo
High Green/6th Grade
Movements: 28
Ready Posture: Closed Ready Stance A

1. Move the left foot to B forming a right L-stance toward B while executing a twin forearm block.
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward B.
3. Execute a middle punch to B with the left fist while forming a left fixed stance toward B, slipping the left foot to B.
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-stance toward A while executing a twin forearm block.
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward A.
6. Execute a middle punch to A with the right fist while forming a right fixed stance toward A, slipping the right foot to A.
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
8. Execute a middle side piercing kick to D with the left foot.
9. Lower the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
10. Move the right foot to D forming a left L-stance toward D while executing a guarding block to D with a knife-hand.



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11. Move the left foot to D forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.

12. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.

13. Move the left foot to E turning counter clockwise to form a right L-stance toward E, at the same time executing a twin forearm block.

14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-stance toward E.

15. Execute a middle punch to E with the left fist while forming a left fixed stance toward E, slipping the left foot to E.

16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-stance toward F while executing a twin forearm block.

17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-stance toward F.

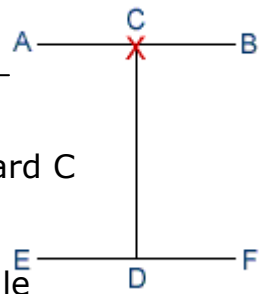
18. Execute a middle punch to F with the right fist while forming a right fixed stance toward F, slipping the right foot to F.

19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.

20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.



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21. Lower the right foot to C forming a right walking stance toward C while executing a middle punch to C with the left fist.

22. Execute a circular block to CE with the left inner forearm while maintaining a right walking stance toward C.

23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.

24. Lower the left foot to C forming a left walking stance toward C while executing a middle punch to C with the right fist.

25. Turn the face toward C forming a left bending ready stance A toward C.

26. Execute a middle side piercing kick to C with the right foot.

27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-stance toward B, at the same time executing a middle guarding block to B with the forearm.

28. Bring the left foot to the right foot and then move the right foot to A forming a left L-stance toward A while executing a middle guarding clock to A with the forearm.

END: Bring the right foot back to a ready posture.

