

## GREEN BELT – 6TH KUP

### Hand Techniques

1. Inner rolling block & tiger mouth to throat

### Falling

1. Turning side fall (low impact option - cat roll with legs crossed and stand back up)

### Self Defence

#### C7 Hammer Lock

(finish in either shoulder lock or goose neck wrist lock)

- Wrist (cross hand) – goose neck
- Wrist (same hand) – shoulder lock
- Double hands – shoulder lock
- Sleeve – shoulder lock
- Punch (jab then cross) - goose neck or shoulder lock
- Hair – goose neck
- Finishing Technique – hammer lock with attacker lying on stomach

#### C8 Arm Bar

- Wrist (same hand) – arm bar, shoulder lever, outer elbow lock throw
- Wrist (cross hand) – police elbow lock
- Punch (jab then cross)
- Finishing Lock – pancake flip > lock using knee

#### C9 Wrist and Shoulder Throw

(attacker does side fall – not turning side fall)

- Wrist (same hand)
- Wrist (cross hand)
- Double hands
- Sleeves
- Punch (jab then cross)
- Finishing Lock – attacker has their back on the floor, arm curled up locking wrist on ground, pressing down on elbow, knee pressing down on their ribs.

### Sparring Throwing Techniques

1. Tackle
  - going in after a kick
  - going in after a high feint
2. Sacrifice Throw
  - Grab sleeves, drop down and prevent leading leg from stepping forwards with your foot
3. Step Behind and Pull Down
4. Scissor Throw (optional)

### Multiple Grabbing

Demonstrate Self Defence Techniques

### Pressure Points

1. Heart 3 – inner elbow (can be used in hammer lock)
2. Large Intestine 10 and 11 (used in hammer lock or going into gooseneck)

### Weak Points

1. Bicep tendon in front of shoulder when arm behind back

### Kicking Techniques

1. Inward crescent then jumping inward crescent (same leg)
2. Inward crescent then spinning crescent (diff. legs)
3. Spinning heel
4. Spinning hook
5. Inward crescent then spinning heel (diff. legs)
6. Low sweep then high hook (same. leg)

### Patterns

#### Pattern 4 – Tae Soo (Foot Hand) Pattern

1. Step back , knifehand strike (L) [L-stance]
2. Double crescent kick (R) double block (R) [L-stance]
3. Lower X-block [Walking stance] Upper X-block [walking stance]
4. Foot sweep (L) turning back kick (R) double block (L)[L-stance]
5. Stepping backfist (R)[R foot behind L foot]
6. Step out (R), reverse elbow strike (L)[walking stance] to the head rolling block (R)[walking stance] vertical punch (R)[walking stance] with left hand under right elbow in knifehand position
7. Combined upper (L) & knifehand (R) blocks [L-stance] Grab & pull in (R) & knifehand strike (L palm up)[walking stance] to the ribs Knifehand strike (R)[L-stance] to the neck
8. Double crescent kick (L) double block (L)[L-stance]
9. Lower X-block [walking stance] Upper X-block [walking stance]
10. Foot sweep (R) turning back kick (L) double block (R)[L-stance]
11. Stepping backfist (L)[L foot behind R foot]
12. Step out (L), reverse elbow strike (R)[walking stance] to the head rolling block (L)[walking stance] vertical punch (L)[walking stance] with right hand under left elbow in knifehand position
13. Combined upper (R) & knifehand (L) blocks [L-stance] Grab & pull in (L) & knifehand strike (R palm up)[walking stance] to the ribs knifehand strike (L)[L-stance] to the neck
14. Crescent kick (R) spinning heel kick (L) [L-stance]
15. Crescent kick (L) spinning heel kick (R) Mid-section side kick (R)[Kyup] return to L-stance (R foot back)

### Key Principles and Skills

- Controlling opponent's centre
- Third Leg – imagine opponent is a tripod – where would the third leg be – that is their point of balance weakness
- How to develop circular momentum for kicks (push with kicking leg, twist hips, use of head and shoulders)
- Strong function requires good form – if you destroy the form – then you weaken the function