

## Stripe Requirements - Sr. Green Belt

Senior belts are a way for the judges at belt testing to see if you have improved on the same form. The form must be stronger, faster and with better stances. It is also our way of concentrating more on sparring for two months instead of learning a new form. At your testing, both your sparring and form must have improved from the last testing to pass and advance to blue belt.

### Stripes

#### 1.) New Stances

- Back stance
- Fixed stance
- Front stance
- Closed stance

#### 2.) Kicking Combinations

- Jab, cross, rear leg hook kick
- Front kick, round kick, spin hook kick

#### 3.) New Kicks

- Hook kick
- Spin hook kick
- Spin heel kick

#### 4.) Sparring for 2 minutes

- Must demonstrate good blocking, combinations, good foot work and hand positioning

#### 5.) Demonstrate the Green Belt Form (Won Hyo)

- Demonstrate IMPROVED form with a lot of power and no mistakes

