

# Green Belt Techniques

## Soo Gi (Hand Techniques)

1. Ssang Soo Ha Dan Mahk Kee      Low Cross Hand Block
2. Ssang Soo Sang Dan Mahk Kee      High Cross Hand Block

## Jok Gi (Foot Techniques)

1. Bal Yup Euro Mahk Kee      Inside/Outside Foot Block
2. Ahneso Pahkuro Cha Gi      Inside/Outside Kick
3. Bal Ba Dak Euro Mahk Kee      Outside/Inside Foot Block
4. Pahkeso Ahnuro Cha Gi      Outside/Inside Kick

## Ee Dan Jok Gi (Jump Kicks)

1. Ee Dan Dull Ryo Cha Gi      Jump Round House Kick
2. Ee Dan Yup Podo Cha Gi      Jump Side Kick
3. Ee Dan Ahneso Pahkuro Cha Gi      Jump Inside/Outside Kick

## Combinations

1. Cap Kwon Kong Kyuk      Back Fist  
Tuel Oh Choong Dan Kong Kyuk      Reverse Middle Punch  
Yuk Soo Do Kong Kyuk      Ridge Hand Attack
2. Cap Kwon Kong Kyuk      Back Fist  
Tuel Oh Choong Dan Kong Kyuk      Reverse Middle Punch  
Tuel Oh Pal Koop Chi      Reverse Elbow Attack
3. Aup Cha Nut Gi      Front Kick  
Geten Bahl Dull Ryo Cha Gi      Same Leg Round House
4. Dull Ryo Cha Gi      Round House Kick  
Geten Bahl Dull Ryo Cha Gi      Same Leg Round House  
Dwi Dull Ryo HuRiGi Cha Gi      Spinning Hook Kick