

Green Belt: Green signifies the growth of the seed as it sprouts from the earth, reaching toward the sun, and beginning its growth into a plant. A green belt student learns to strengthen and refine their techniques.

Green Belt Form - Won-Hyo (28 Moves)

Move Number	Direction / Turn	Stance	Foot Technique	Hand Technique
Ready Stance "B"				
1	Left 90°	Left Back Stance		Square Block
2		Left Back Stance		Right High Inverted Knifehand
3	Shift Left Foot	Left Fixed Stance		Left Middle Punch
4	Step Together, Right Steps Out	Right Back Stance		Square Block
5		Right Back Stance		Left High Inverted Knifehand
6	Shift Right Foot	Right Fixed Stance		Right Middle Punch
7	Step Right Foot Backward	Closed Stance		Left Double Fist Block
8			Left #1 Side Kick	
9		Left Back Stance		Left Double Knifehand Block
10	Step Forward	Right Back Stance		Right Double Knifehand Block
11	Step Forward	Left Back Stance		Left Double Knifehand Block
12	Step Forward	Right Front Stance		Right Middle Spearhand Strike
13	Left 270°	Left Back Stance		Square Block
14		Left Back Stance		Right High Inverted Knifehand
15	Shift Left Foot	Left Fixed Stance		Left Middle Punch
16	Step Together, Right Steps Out	Right Back Stance		Square Block

17		Right Back Stance		Left High Inverted Knifehand
18	Shift Right Foot	Right Fixed Stance		Right Middle Punch
19	Step Together, Left Steps Out	Left Front Stance		Inner Forearm Block
20			Right #2 Front Kick	
21		Right Front Stance		Left Middle Reverse Punch
22	In Place	Right Front Stance		Inner Forearm Block
23			Left #2 Front Kick	
24		Left Front Stance		Right Middle Reverse Punch
25	Left 90°		#2 Right Side Kick	
26	continue turn to 180°	closed stance		chamber for left double fist
27	Left Foot Steps Out	Left Back Stance		Left Double Fist Block
28	Step Together, Right Steps Out	Right Back Stance		Right Double Fist Block