

# MARTIAL ARTS USA

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**Jr. Green Belt**

**LITTLE DRAGONS**

## REQUIREMENTS

**FORM:**

**Kibon I Hyung:**

1. Turn left 90 degrees, front stance, low block with left hand
2. Step forward, front stance, face punch with right hand
3. Turn right 180 degrees, front stance, low block with right hand
4. Step forward, front stance, face punch with left had
5. Turn left 90 degrees, front stance, low block with left hand
6. Step forward, front stance, high block with right hand
7. Step forward, front stance, high block with left hand
8. Step forward, front stance, high block with right hand and "KI YUP"
9. Turn left 270 degrees, front stance, low block with left hand
10. Step forward, front stance, face punch with right hand
11. Turn right 180 degrees front stance, low block with left hand
12. Step forward, front stance, high block with right hand
13. Step forward, front stance, high block with left hand
14. Step forward, front stance, high block with right hand and "KI YUP"
15. Turn left 270 degrees, front stance, low block with left hand
16. Step forward, front stance, face punch, with right hand
17. Turn right 180 degrees, front stance, low block with right hand
18. Step forward, front stance, face punch with left hand
19. Back to Junbi

## TRADITONAL ONE-STEP SPARRING

1-3

## KICKS:

Dwi cha-gi- Back kick

## TRADIT IONAL BLOCKING:

Hadan Maki -Down Block  
Sangdan Maki - High Block

## SPARRING:

Round, Back, Round Combo