

# YUNG YEA MARTIAL ARTS

## GREEN BELT TRAINING MANUAL



**YUNG YEA MARTIAL ARTS SCHOOL  
GREEN BELT INFORMATION**

**BLOCKS**

1. Scooping Block

**STRIKES**

1. Reverse/Inward Knife hand Strike

**KICKS**

1. Pick up Side Kick
2. Pick up Round Kick
3. Pick up Hook Kick
4. Turning up Side Kick
5. Turning Hook Kick

Pattern: Won Hyo

Starting Position: Closed Ready Stance A

Moves: 28

Foot returns: Right

Meaning: Named for the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD

1. Left foot shifts left (counter clockwise) 90 degrees into a left L stance, left high square block.
2. Stationary right inward/reverse knife hand strike.
3. Left foot shifts left into a middle/horse rider stance, left kidney/rib punch.
4. Left foot steps together to right foot, then right foot steps out right into a right L stance, right high square block.
5. Stationary left inward/reverse knife hand strike.
6. Right foot shifts right into a middle/horse riders stance, right kidney/rib punch.
7. Right foot steps together to left foot into a closed stance and double guarding middle blocks.
8. Left leg stationary side kick.
9. Left leg landing in a left L stance, left middle double knife hand blocks.
10. Right foot steps forward into a right L stance, right middle double knife hand blocks.
11. Left foot steps forward into a left L stance, left middle double knife hand blocks.
12. Right foot steps forward into a right front stance, left downward palm block, right spear hand thrust. (Kihup!)
13. Left foot spins 270 degrees to the left into a left L stance, left high square block.
14. Stationary right inward/reverse knife hand strike.
15. Left foot shifts left into a middle/horse rider stance, left kidney/rib punch.
16. Left foot steps together to right foot, then right foot steps out right into a right high square block.
17. Stationary left inward/reverse knife hand strike.
18. Right foot shifts into a middle/horse rider stance, right kidney/rib punch.
19. Right and left arms chamber (extend straight out, shoulder height), left leg steps forward into a left front stance, right scoop block.
20. Right (back) leg front kick.
21. Right leg landing in a right front stance, left middle punch.
22. Right and left arms chamber (extend straight out, shoulder height), left scoop block.
23. Left (back) leg front kick.
24. Left leg landing in a left front stance, right middle punch.
25. Right leg turning side kick.
26. Right leg landing next to left leg in a closed stance.
27. Left foot spins left 270 degrees into a left L stance, left double guarding middle blocks.
28. Left foot steps left landing next to right foot in a closed stance, right foot shifts right into a right L stance, double guarding middle blocks. (Kihup!)

## **YUNG YEA MARTIAL ARTS SCHOOL GREEN BELT SPARRING**

With rank comes privilege. **Free sparring is a privilege.** Please exercise respect for your fellow students and control your moves as this privilege can be taken away.

**RULES:** ALL REQUIRED GEAR MUST BE WORN. NO GEAR, NO SPARRING. See Student Manual Articles of Important/Student Regulation. Green belts are NOT ALLOWED to punch to the head. NO BACK, NECK OR BELOW THE BELT CONTACT EVER, FOR ANY BELT. We follow the CTF tournament rules for sparring.

### **LEGAL TARGET AREAS**

1. Body – front and sides ABOVE the belt for hand and foot techniques in all divisions.
2. Head – face and back of the head ABOVE the neck for KICKS ONLY in all divisions.
  - a. Hand techniques to the head are not legal for green belts.

*ALL OTHER AREAS ARE ILLEGAL*

### **LEGAL POINTS**

#### **STRIKES**

1. Punch
2. Back fist
3. Hammer fist
4. Ridge hand
5. Knife hand

#### **KICKS**

1. Must make contact to legal target with any part of foot below the ankle.
2. Executed with good balance.

**PENALTY POINTS** *(Just as you would get warnings and penalties in tournament, you will receive them in free sparring. Too many warnings and you will not be allowed to spar thus not being able to test for your next belt.)*

1. Excessive contact
2. Tripping, throwing, sweeping
3. Attacking an illegal target area.
4. Un-sportsman like conduct during or after
5. Grabbing
6. Illegal techniques
7. Causing injury from unclipped finger or toe nails
8. Running out of bounds or falling to avoid contact

## Sparring Sets #2

From parallel ready stance, Side A step back with the right foot into a left middle/horse rider stance, Side B step back with left foot into a right middle/horse rider stance.

1. Round Kick/Spin Side
  - a. Side A attacks with left (lead) leg round kick (low and high).
  - b. Side B right hand inward forearm block parry, reverse punch, front punch, spin side kick.
2. Reverse Punch/Spin Heel
  - a. Side A attacks with a reverse punch.
  - b. Side B forward hand inner forearm block, spin heel kick
3. Fake side kick
  - a. Side A step together fake side kick, spin side kick reverse punch, front punch.
  - b.
4. Spin Heel Kick/Spin Side
  - a. Side A attacks with a spin heel kick
  - b. Side B counter with a spin side kick, reverse punch, front punch
5. Spin Side kick
  - a. Side A attacks with a spin side kick.
  - b. Side B low blocks, reverse punch, front punch, spin heel kick