



Martin Martial Arts and Self-Defense Inc.

Dragon/Junior Techniques

Hand Techniques	Kicking Techniques	Poomses AND Breaks
White Belt: <ul style="list-style-type: none"> Ride Horse Motion, Front Punching Attack Defense to the Down – Front Stance Attack to the Middle – Front Stance 	White Belt: <ul style="list-style-type: none"> Front Step Behind Side 	White Belt: <ul style="list-style-type: none"> Chon-Ji Hyung – 1st Half Break <ul style="list-style-type: none"> Step Behind Side
White Belt – Gold Stripe: <ul style="list-style-type: none"> Defense to the Middle – Back Stance Defense to the Up – Front Stance 	White Belt – Gold Stripe: <ul style="list-style-type: none"> Roundhouse 	White Belt – Gold Stripe: <ul style="list-style-type: none"> Chon-Ji Hyung Break <ul style="list-style-type: none"> Step Behind Side
Gold Belt: <ul style="list-style-type: none"> Knife Hand Defense to the Up – Back Stance Attack to the Up – Front Stance 	Gold Belt: <ul style="list-style-type: none"> Korean Side Crescent 	Gold Belt: <ul style="list-style-type: none"> Tan-Gun Hyung – 1st Half Break <ul style="list-style-type: none"> Korean Side
Gold Belt – Orange Stripe: <ul style="list-style-type: none"> Double Wrist Block – Back Stance Reverse Knife Hand Strike – Back Stance 	Gold Belt – Orange Stripe: <ul style="list-style-type: none"> Reverse Crescent Check Side Spin Back Side 	Gold Belt – Orange Stripe: <ul style="list-style-type: none"> Tan-Gun Hyung Break <ul style="list-style-type: none"> Korean Side
Orange Belt: <ul style="list-style-type: none"> Outside Block – Front Stance Spear Hand Attack – Front Stance 	Orange Belt: <ul style="list-style-type: none"> Skip Side Skip Front 	Orange Belt: <ul style="list-style-type: none"> To-San Hyung – 1st Half Break <ul style="list-style-type: none"> Front Kick
Orange Belt – Green Stripe: <ul style="list-style-type: none"> Knife Hand Defense to the Down – Back Stance Inside Block – Front Stance 	Orange Belt – Green Stripe: <ul style="list-style-type: none"> Skip Roundhouse 	Orange Belt – Green Stripe: <ul style="list-style-type: none"> To-San Hyung Break <ul style="list-style-type: none"> Front Kick
Green Belt: <ul style="list-style-type: none"> Front Punch – Fixed Stance X-Block – Up and Down – Fist and Knife Hand – Front Stance 	Green Belt: <ul style="list-style-type: none"> Step Behind Hook Jump Front 	Green Belt: <ul style="list-style-type: none"> Won-Hyo Hyung – 1st Half Break <ul style="list-style-type: none"> Roundhouse (TC)
Green Belt – Blue Stripe: <ul style="list-style-type: none"> Side Punching Attack – Ride Horse Stance 3 Step #1 	Green Belt – Blue Stripe: <ul style="list-style-type: none"> Jump Roundhouse Jump Side 	Green Belt – Blue Stripe: <ul style="list-style-type: none"> Won-Hyo Hyung Break <ul style="list-style-type: none"> Roundhouse (TC)

* Orange Belt and Lower: Pine Board (3 tries) / Thick Competition (2 tries)

* TC = Thick Competition Board

* (8 years old or younger, Medium Competition Board)

Dragon/Junior Techniques

Hand Techniques	Kicking Techniques	Poomses AND Breaks
Blue Belt: <ul style="list-style-type: none"> ● Double Wrist Block – Knife Hands – Back Stance ● Ridge Hand Side Block – Back Stance 	Blue Belt: <ul style="list-style-type: none"> ● Front Hook ● Combo – Front, Roundhouse ● Combo – Crescent, Side 	Blue Belt: <ul style="list-style-type: none"> ● Yul-Guk Hyung – 1st Half Break <ul style="list-style-type: none"> ● Spin Back Side
Blue Belt – Purple Stripe: <ul style="list-style-type: none"> ● Double Forearm Block – Front Stance ● 3 Step #2 	Blue Belt – Purple Stripe: <ul style="list-style-type: none"> ● Back Pivot ● Spin Back Roundhouse 	Blue Belt – Purple Stripe: <ul style="list-style-type: none"> ● Yul-Guk Hyung Break <ul style="list-style-type: none"> ● Spin Back Side
Purple Belt: <ul style="list-style-type: none"> ● Palm Heel Block – Back Stance ● Front Palm Heel Press Block – Front Stance 	Purple Belt: <ul style="list-style-type: none"> ● Spin Back Hook ● Axe Kick ● Combo – Hook, Roundhouse 	Purple Belt: <ul style="list-style-type: none"> ● Choon-Gun Hyung – 1st Half Break <ul style="list-style-type: none"> ● Step Behind Hook (TC)
Purple Belt – Brown Stripe: <ul style="list-style-type: none"> ● Stick Block – Back Stance ● 3 Step #3 	Purple Belt – Brown Stripe: <ul style="list-style-type: none"> ● Reverse Axe ● Flying Side (2 Steps) 	Purple Belt – Brown Stripe: <ul style="list-style-type: none"> ● Choon-Gun Hyung Break <ul style="list-style-type: none"> ● Step Behind Hook (TC) ● Hammer Fist (TC)
Brown Belt: <ul style="list-style-type: none"> ● Mountain Block – Ride Horse Stance ● High – Low Block – Fist and Knife Hand – Back Stance ● Knife Hand High Block and Knife Hand Strike – Front Stance 	Brown Belt: <ul style="list-style-type: none"> ● Jump Crescent ● Spin Back Jump Crescent ● Combo – Spin Back Hook, Roundhouse 	Brown Belt: <ul style="list-style-type: none"> ● Toi-Gye Hyung – 1st Half Break <ul style="list-style-type: none"> ● Spin Back Hook (TC) ● Rear Knife Hand (TC) ● Skip Side Kick (Head)
Brown Belt – Red Stripe: <ul style="list-style-type: none"> ● Ridge Hand Low Block – Back Stance ● 3 Step #4 	Brown Belt – Red Stripe: <ul style="list-style-type: none"> ● Jump Reverse Crescent ● Spin Back Reverse Crescent 	Brown Belt – Red Stripe: <ul style="list-style-type: none"> ● Toi-Gye Hyung Break <ul style="list-style-type: none"> ● Spin Back Hook (TC) ● Rear Knife Hand (TC) ● Flying Side ● Skip Side Kick (Head)
Red Belt: <ul style="list-style-type: none"> ● Throat Attack – Front Stance ● Spin Back Fist – Fighting Stance 	Red Belt: <ul style="list-style-type: none"> ● Spin Back Jump Roundhouse ● Jump Spin Back Side 	Red Belt: <ul style="list-style-type: none"> ● Hwa-Rang Hyung Break <ul style="list-style-type: none"> ● Jump Roundhouse (TC) ● Axe
Red Belt – Black Stripe: <ul style="list-style-type: none"> ● Upper Crane Technique – Back Stance ● 3 Step #5 	Red Belt – Black Stripe: <ul style="list-style-type: none"> ● Jump Spin Back Hook ● Jump Spin Back Reverse Crescent 	Red Belt – Black Stripe: <ul style="list-style-type: none"> ● Chung-Mu Hyung ● Koryo Break <ul style="list-style-type: none"> ● Jump Roundhouse (TC) ● Reverse Axe ● Front/Side (90°)

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