

**BON BOGI - Green Belt Form**  
**Meaning - Setting Example**

	Side	Movement Name	Section	Stance
1	Both	X-Block	Low	Front
2	Both	Twin Punch	High	
3	R	Axe Kick	M or H	
4	L	Ground Kick	Low	
5	R	Ground Punch	Low	Knee
6	L	Reverse Punch	Middle	Back
7	R	Punch	Middle	Back
8	R	Inner Forearm Block		
9	R	#3 Hook Kick	M or H	
10	R	Round Kick	M or H	
11	L	Double Outer Forearm Block	Middle	Back
12	L	Jump Front Kick	M or H	
13	R	Front Kick	M or H	
14	L	Upset Knifehand Strike	High	Front
15	L	Knifehand Block	Low	
16	L	Round Kick	M or H	
17	R	Reverse Punch	Middle	Back
18	L	Punch	Middle	
19	L	Inner Forearm Block	Middle	
20	L	#3 Hook Kick	M or H	
21	L	Round Kick	M or H	
22	R	Double Outer Forearm Block	Middle	Back
23	R	Jump Front Kick	M or H	
24	L	Front Kick	M or H	
25	R	Upset Knifehand Strike	High	Front
26	R	Knifehand Block	Low	Front
27	L	Reverse Punch	Middle	
28	R	Punch	Middle	
29	L	Reverse Punch		
30	Both	Pressing Block	H & L	Front
31	Both	High Low Block	H & L	
32	Both	X-Block	Low	X-Stance
33	L	Low Side Kick		Low
34	R	Low Side Kick		Low
35	L	Ground Punch	Low	Knee

## GREEN BELT ONE-STEP SPARRING

### “A” MOVEMENTS

- I. L Double Outer Forearm Block  
L #3 Front Kick  
L #3 Front Kick  
R Reverse Punch  
L Punch  
L #3 Round Kick  
L Outer Forearm Block
  
- II. L Double Outer Forearm Block  
L #3 Round Kick  
R Reverse Side Kick  
R Back Fist  
L #2 Round Kick  
L Double Outer Forearm Block
  
- III. L Double Outer Forearm Block  
L Jump Front Kick  
R Front Kick  
L Reverse Punch  
R Punch  
R #3 Round Kick  
R Double Outer Forearm Block

### “B” MOVEMENTS

- L Double Outer Forearm Block  
L Lead Leg Round Kick  
R Punch  
L Step Ridgehand Strike  
L Back Leg Round Kick
  
- L Outer Forearm Block
  
- L Double Outer Forearm Block  
L Lead Leg Side Kick  
R Reverse Side Kick  
R Step Behind Side Kick
  
- R Double Outer Forearm Block
  
- R Double Outer Forearm Block  
L Reverse Side Kick  
R Punch  
R Back Leg Ax Kick  
R Step Round Kick
  
- L Double Outer Forearm Block

Side A's are the same as the Lite Green Belts -

Side A's = Attack

Side B's = Block

Side A's = Step Back and Block

Side B's = Step Forward and Block

#1 Kicks are stationary Kicks with the Lead Leg

#2 Kicks are stationary Kicks with the Back Leg

#3 Kicks are Kicks that step with the Back Leg and Kick with the Lead Leg

#4 Kicks are Kicks that step with the Lead Leg and Kick with the Back Leg

Watch for Cheater Steps

## Bon Bogi

Setting Example

35 Movements

9,10,20,21

