

GREEN BELT

(Testing Green to Purple)

Physical Requirements:

- 1) KICKS
 - A) Butterfly kick
 - B) Jumping back kick
 - C) Jumping spinning hook kick
 - D) All previous kicks

- 2) HAND TECHNIQUES
 - A) Single middle knife hand block
 - B) Knife hand neck strike
 - C) All previous hand techniques

- 3) STANCES
 - A) Back stance
 - B) All previous stances

- 4) FORM
 - A) Taegeuk Sam Jang
 - B) All previous forms (Adults Only)

- 5) BOARD BREAKING
 - A) Jumping side kick

- 6) SAM BO GYORUGY (3-STEP SPARRING) #5-8 (ADULTS ONLY)
 - A) Number 5
 - i) Step back with right foot, left hand knife hand block
 - ii) Step back with left foot, right hand knife hand block
 - iii) Move left foot out into a horse riding stance/left hand palm block/right hand middle punch/left hand middle punch

 - B) Number 6
 - i) Step back with right foot, left hand knife hand block
 - ii) Step back with left foot, right hand knife hand block
 - iii) Move left foot out into a horse riding stance/right hand outside knife block and grab opponent's wrist/right leg roundhouse kick to opponent's ribs

 - C) Number 7
 - i) Step back with right foot, left hand knife hand block
 - ii) Step back with left foot, right hand knife hand block
 - iii) Step back with left foot, right foot side kick/left foot back kick

 - D) Number 8
 - i) Step back with right foot, left hand knife hand block
 - ii) Step back with left foot, right hand knife hand block
 - iii) Step back with right foot/left hand knife hand block/grab opponent's wrist with left hand/walk under your arm/twist opponent's arm around behind them/neck strike to back of neck with right hand

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Physical Requirements continued:

7) SELF-DEFENSE (ADULTS ONLY)

The theme for the green belt self-defense is how to escape and counter from collar grabs

A) Single hand collar grab

- i) Reach across and grab the back of the attacker's hand. Rotate so the attacker's thumb is down. With the other hand bend the attacker's elbow. Rotate the attacker's hand so his/her pinky rotates towards his/her face.
- ii) Grab the attacker's arm as if you are shaking hands with his/her elbow. Walk under your arm and turn to the attacker's back creating an arm lock.

B) Double hand collar grab

- i) One finger spear to the base of the attacker's throat
- ii) Bring one hand underneath the attacker's hands. Grab your own hand and step across while thrusting your arms as if you are swinging a baseball bat.

Mental Requirements:

1) WHAT IS THE MEANING OF THE GREEN BELT?

- The green belt represents the green color of plants and signifies growth. SIR/MA'AM!

2) WHAT IS THE MEANING OF TAEGEUK SAM JANG?

- The third Taegeuk form signifies fire and clarity. SIR/MA'AM!

3) WHAT DOES COOPERATION MEAN?

- Working together as a team. SIR/MA'AM!

4) HOW DO YOU USE COOPERATION IN THE FOLLOWING SETTINGS:

- At home?
- At school/work?
- At Taekwondo?

5) WHAT ARE THE FOUR MENTAL COMPONENTS OF POWER?

- Focus
- Desire
- Visualization
- Kiehap

6) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Sam Jang

