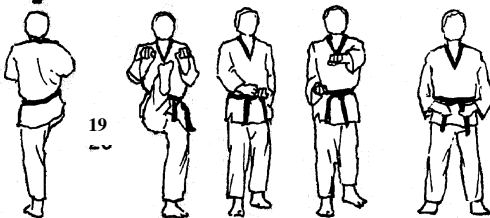
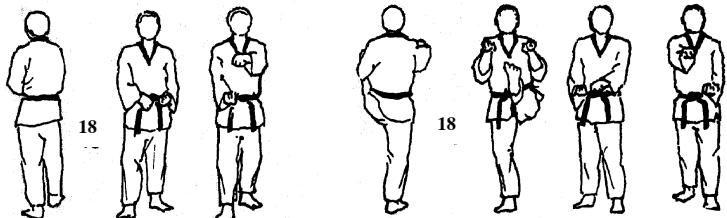
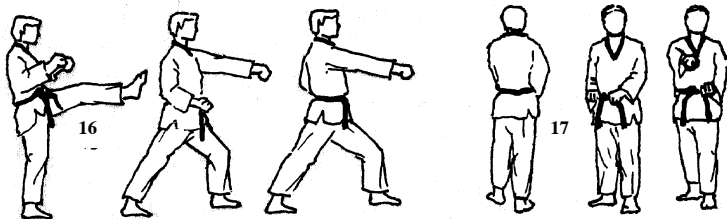
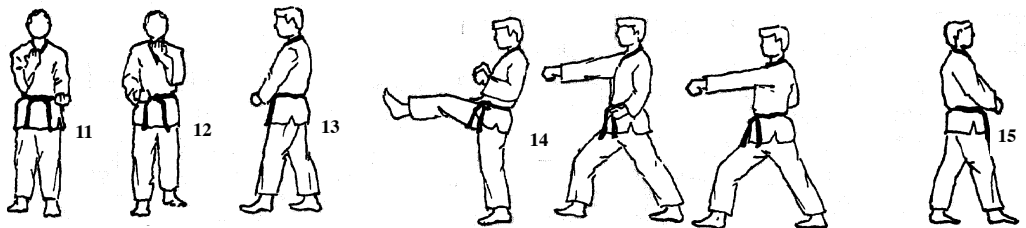
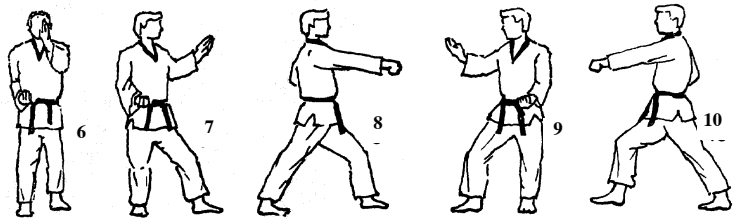
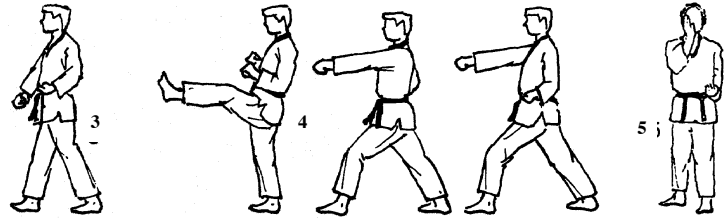
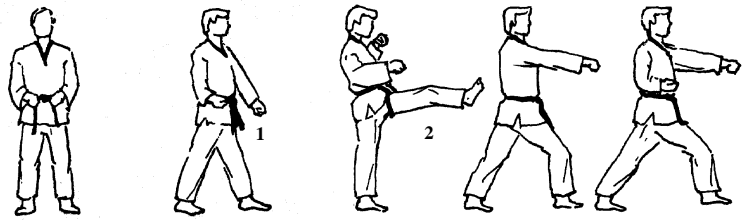
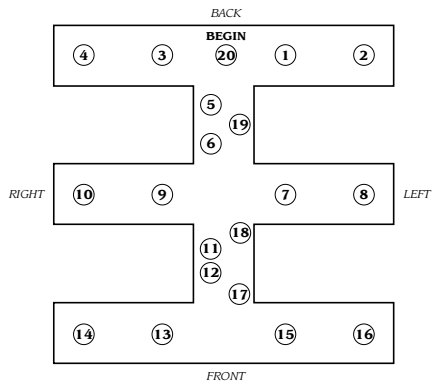


BELT TEST REQUIREMENTS

Green Belt

1. FORM: “Taegeuk Sam Jang”
2. BASIC STANCES & HAND TECHNIQUES:
 - A) Stances: Back Stance
 - B) Blocks: Knife middle block
 - C) Strikes: High section knife hand strike
3. KICKS: Fighting Stance
 - A) Butterfly Kick
 - B) Jumping Back Kick
 - C) Jumping Spinning Hook Kick
4. SAM BO GYORUGY 5-8 (3 STEP SPARRING) *** (Adults only)*
 5. Step back with right foot/left hand knife hand block
Step back with left foot/right hand knife hand block
Move left foot out into a horse riding stance/right hand outside knife hand block/left hand middle punch
Right hand high punch
 6. Step back with right foot/left hand knife hand block
Step back with left foot/right hand knife hand block
Move left foot out into a horse riding stance/right hand outside knife hand block
Grab wrist/roundhouse kick to opponent’s middle with right foot
 7. Step back with right foot/left hand knife hand block
Step back with left foot/right hand knife hand block
Left foot step back/right foot side kick
Left foot back kick
 8. Step back with right foot/left hand knife hand block
Step back with left foot/right hand knife hand block
Step back with right foot/left hand knife hand block
Grab wrist with left hand/walk under your arm/twist opponent’s arm around behind them/neck strike to back of neck with right hand
5. JAIU GYORUGY (FREE SPARRING)
6. KYOPA (BOARD BREAKING): Jumping side kick
7. QUESTIONS: All information given on the white - green belt question sheets

Tae Geuk Sam Jang



Green Belt Questions

1. What is the meaning of the Green Belt?
The green belt represents the green color of plants and signifies growth
2. What does Taegeuk Sam Jang mean?
The third Taegeuk form – signifies Fire & Clarity
3. What are the commandments of Taekwondo?
 - A) Respect your parents
 - B) Respect your brothers & sisters
 - C) Loyalty to your friends
 - D) Respect your elders
 - E) Respect your teachers
 - F) Finish what you begin
4. What does cooperation mean?
Working together as a team
5. How do we use cooperation in Taekwondo?
I am quiet when the teacher is talking
I wait my turn in line for drinks

Green Belt Self Defense Curriculum (Adults Only)

1. Double Grab on One Wrist
 - A) Hand reaches between the opponent's arms, grab own hand, then lift up the elbow
 - B) Hand reaches over both the opponent's arms, grab own hand, then elbow strike motion over the arms to twist the grabbing arms
2. Cross-Hand Grab
 - A) Raise arm to an outer knife hand block, grab the hand and move into the arm bar
 - B) Inner ridge hand, followed by grabbing the opponent's hand with the outer hand, use the forearm to press perpendicular to the opponent's hand
3. Inner Circle Rotation
 - A) Grab opponent's arm. Bring open hand underneath opponent's elbow. Push elbow straight towards opponent's nose. This will force opponent to rotate shoulder.