

GREEN BELT PATTERN (DO-SAN) LINKS... Do-San is the

Green belt pattern you need to learn to test to next level.

TECHNIQUES: Practice 1st <https://www.youtube.com/watch?v=b2xhjJkKy1o>

PATTERN: With instruction - <https://www.youtube.com/watch?v=80-zWfWTYWU&list=PLF48C4DF9175DA127&index=8>

Regular Speed - <https://www.youtube.com/watch?v=VZYRvRSnqfs>

TERMINOLOGY: Do your best. You can memorize. Numbers, aims & pledge will be asked every test. The definition changes with each new belt. 8.5x11 Printable. Other links audio.

PRINT Terminology 8.5x11 in color - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/2023-04_TERMINOLOGY_ChosStudySheet.pdf?ver=1781635565058

Definition Do-San - https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/3_Do-San%20Saying.mp3?ver=1771875850771

Numbers 1-10 in Korean - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/Numbers%20In%20Korean.mp3?ver=1771885550839>

Espanol: Numeros en Coreano – https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/8dfaedd4-0ae2-46dc-afd8-dc1aa9a2dc65/Numeros_de%20Espanol%20a%20Coreano_1-10.MP3?ver=1771885550839

Aims to Achieve – <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Aims%20to%20Achieve.mp3?ver=1750877246224>

Pledge - <https://img1.wsimg.com/blobby/go/12115240-cd7e-48c5-b5f9-4e06253adc7a/downloads/TKD%20Pledge.mp3?ver=1750877246224>

KICKING COMBINATIONS: These are helpful for students of all ages.

1) Roundhouse Kick-Side Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=DfDjM7Bsalo>

2) Roundhouse Kick-Turn RH Kick-Reverse Punch Combination:

<https://www.youtube.com/watch?v=W1W0JXxBHv4>

3) RH-Jump RH Kick-Reverse Punch Combination: <https://youtu.be/edSJ2v-0gLU>

*****And more Kick Combinations.... Come to class & learn more.**

ONE STEP SPARRING (1-5): Begin learning these self-defense techniques. It will take younger students much longer to learn (no worries). https://www.youtube.com/watch?v=frNkJ5xi_Ps

ONE STEP SPARRING (6-10): Keep practicing 1-5 & learn more self-defense techniques (however long it takes).

<https://www.youtube.com/watch?v=-gTcgSxzPAC>

There are more One Step Sparring & Self-Defense techniques to learn as you are ready.

IMPORTANT BASICS TO PRACTICE ALWAYS:

These are videos that can be watched at any time to improve learning.

HOW TO TIE A BELT:

<https://www.youtube.com/watch?v=ue28L9AfD-U&list=PLF48C4DF9175DA127&index=20>

BASICS STANCES REVIEWED : https://www.youtube.com/watch?v=2n_lyCKFh6o

BASICS KICKING FOOT PLACEMENT: <https://www.youtube.com/watch?v=99Urbx2kK0A>

BASICS CHAMBERING FOR STRENGTH AND POWER:

<https://www.youtube.com/watch?v=SojeanPNQyE&list=PLF48C4DF9175DA127&index=4>

BASICS SIDE KICK & BACK TURNING KICK

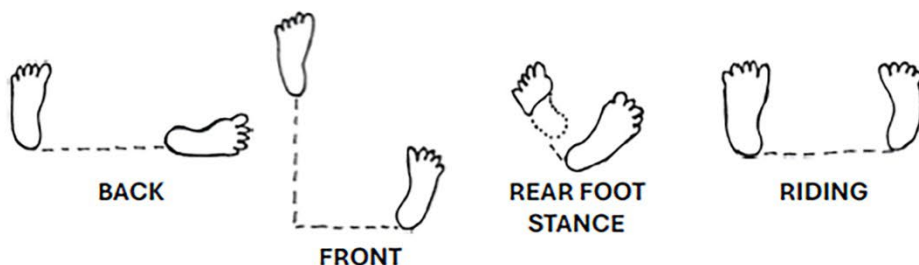
<https://www.youtube.com/watch?v=LkRdk4Y2N4c>

Bonus on Next Page - Green Belt Poster

Green Belt Basics

STANCES

FOR GREEN BELT, CONCENTRATE ON THESE STANCES...



KICKS

PRACTICE ALL KNOWN KICKS. ADD...

*FRONT SNAP KICK *BACK LEG SIDE KICK

STRIKES/BLOCKS

PRACTICE ALL KNOWN STRIKES/BLOCKS. CONTINUE PRACTICING PROPER
TECHNIQUE & CHAMBERING. ADD...

*SPEAR FINGER *X-BLOCK *WEDGING BLOCK

KICKING COMBINATIONS

PRACTICE OVER & OVER ALL KNOWN COMBOS. ADD...

*FRONT SNAP LAND FORWARD – PUNCH - PUNCH

1 STEP SPARRING

*CONTINUE LEARNING 1 – 5

(INSTRUCTOR WILL TEACH MORE AS CLASS IS READY.)

TERMINOLOGY

*1 - 10 (IN KOREAN) *AIMS TO ACHIEVE *TKD PLEDGE

*DEFINITION OF DO-SAN (GREEN BELT)

ALWAYS REVIEW WHITE BELT BASICS – THE FOUNDATION.