

GREEN BELT STUDY SHEET

Each student should be training at this level for 6-months (26-weeks). Please note that this is a minimum time (not maximum). The amount of time needed to advance depends on three things:

- 1) The ability to understand and properly perform the movements, exercises or techniques
- 2) The number of training sessions attended over the time period
- 3) If the instructor believes you are ready and grants permission for you to attend the testing

We recommend each student to train at least 2 time per week with a maximum of 4 times a week. The Promotion Testing to achieve the next level is comprised of three parts:

- A) The Written Test
- B) The Physical Test
- C) The Technical Test

There is a fee of \$50 for this Promotion Test

To get to this point, you are have competed in a competition you have participated in a seminar. That part of your journey is not over... This will once again be a requirement before grading for Blue Belt. Also, as a Green Belt there is one additional requirement as well.

Green Belts and up at Warrior Code Taekwon-Do Academy, are required to register with the Original Taekwon-Do Federation of America (OTFA). This is our national affiliation to the International Taekwon-Do Federation (ITF).

PHYSICAL TEST REQUIREMENTS

- 7 Minutes of Running / Jogging
- 7 Minutes of Skipping (Jump Rope)
- 30 Push ups
- 30 Sit ups
- 30 Squats
- 20 Tuck Jumps
- 20 Speed Kicks Front Kicks (each leg)
- 20 Speed Turning Kicks (each leg)
- 20 Speed Side Piercing Kicks (each leg)
- 20 Speed Reverse Hooking Kick (each leg)

FUNDAMENTAL MOVEMENTS:

Stances:

Attention Stance	(learned at White Belt)
Parallel Stance / Parallel Ready Stance	(learned at White Belt)
Walking Stance / Walking Ready Stance	(learned at White Belt)
L-Stance / L-Ready Stance	(learned at Yellow Stripe)
Sitting Stance / Sitting Ready Stance	(learned at Yellow Stripe)
Close Stance / Close Ready Stance A	(new for Green Belts)
Fixed Stance	(new for Green Belts)
Bending Ready Stance A	(new for Green Belts)

Hand Movements:

Parallel Stance Middle Punch	(learned at White Belt)
Walking Stance Middle Obverse Punch	(learned at White Belt)
Walking Stance Low Forearm Block	(learned at White Belt)
Walking Stance Low Knife-hand Block	(learned at White Belt)
Walking Stance Middle Inner Forearm Block	(learned at White Belt)
Walking Stance Middle Reverse Punch	(learned at White Belt)
Sitting Stance Middle Punch	(learned at Yellow Stripe)
L-Stance Middle Reverse Punch	(learned at Yellow Stripe)
L-Stance Middle Inner Forearm Block	(learned at Yellow Stripe)
L-Stance Middle Forearm Guarding Block	(learned at Yellow Stripe)
L-Stance Middle Knife-hand Guarding Block	(learned at Yellow Belt)
Walking Stance High Obverse Punch	(learned at Yellow Belt)
L-Stance Twin Forearm Block	(learned at Yellow Belt)
Walking Stance Outer Forearm Rising Block	(learned at Yellow Belt)
L-Stance Middle Knife-hand Side Strike	(learned at Yellow Belt)
Walking Stance High Reverse Punch	(learned at Yellow Belt)
Walking Stance High Outer Forearm Side Block	(learned at Green Stripe)
Walking Stance Middle Straight Fingertip Thrust	(learned at Green Stripe)
Walking Stance High Back-fist Side Strike	(learned at Green Stripe)
Walking Stance High Outer Forearm Wedging Block	(learned at Green Stripe)
L-Stance High Inward Knife-hand Strike	(new for Green Belts)
Fixed Stance Middle Obverse Punch	(new for Green Belts)
Walking Stance Middle Inner Forearm Circular Block	(new for Green Belts)
Bending Ready Stance A	(new for Green Belts)

Foot Techniques:

Front Rising Kick & Side Rising Kick	(learned at White Belt)
Outward Crescent Kick & Inward Crescent Kick	(learned at White Belt)
Front Snap Kick	(learned at White Belt)
Downward Kick	(learned at Yellow Stripe)
Turning Kick	(learned at Yellow Stripe)
Side Piercing Kick	(learned at Yellow Stripe)
Reverse Hooking Kick	(learned at Yellow Belt)
Double Turning Kick & Double Side Piercing Kick	(learned at Yellow Belt)
Jumping Front Snap Kick	(learned at Yellow Belt)
Back Piercing Kick (180 Back Piercing Kick)	(learned at Green Stripe)
Jumping Turning Kick	(learned at Green Stripe)
180 Reverse Hooking Kick	(new for Green Belts)
Jumping Side Piercing Kick	(new for Green Belts)
Jumping Reverse Hooking Kick (front leg)	(new for Green Belts)

Types of Motions:

Continuous Motion	(learned at Yellow Belt)
Fast Motion	(learned at Green Stripe)

PATTERN REQUIREMENTS:

Patterns / Pattern Exercises:

Saju Jirugi	(Four Direction Punch – 14 movements total / 7 movements per side)
Saju Makgi	(Four Direction Block – 16 movements total / 8 movements per side)
Chon-Ji Tul	(Pattern Chon-Ji – 19 movements)
Dan-Gun Tul	(Pattern Dan-Gun – 21 movements)
Do-San Tul	(Pattern Do-San – 24 movements)
Won-Hyo Tul	(Pattern Won-Hyo – 28 movements)

SPARRING REQUIREMENTS:

3-Step Sparring:

3-Step Sparring #1	(Attack with Middle Obverse Punch / Defend with Middle Inner Forearm Block)
3-Step Sparring #2	(Attack with Low Front Snap Kick / Defend with Low Forearm Block)
3-Step Sparring #3	(Attack with L-Stance Punch / Defend with L-Stance Inner Forearm Block)
3-Step Sparring #4	(Attack with L-Stance Punch / Defend with L-Stance Forearm Guarding Block)
3-Step Sparring #5	(Attack with Middle Turning Kick / Defend with Knife-hand Guarding Block)
3-Step Sparring #6	(Attack with High Obverse Punch / Defend with Outer Forearm Rising Block)

2-Step Sparring:

2-Step Sparring #1	(Attack: Punch & Front Kick / Defend: Middle Inner Forearm & Low Forearm Blocks)
2-Step Sparring #2	(Attack: Punch & Turning Kick / Defend: Forearm Guarding & Knife-hand Guarding Block)
2-Step Sparring #3	(Attack: Turning Kick & High Punch / Defend: Knife-hand guarding block & Rising Block)
2-Step Sparring #4	(Attack: Front Kick & Front Grab / Defend: Low Knife-hand Block & Wedging Block)

Sparring Drills / Sparring Exercises:

Sparring Stance & Switch	(create a comfortable sparring stance & practice switching legs quickly)
Sparring Stance & Single Step	(sparring stance & step forward & backward switching sides each time)
Sparring Stance & Double Step	(sparring stance & double step forward & backward – remain on same side)
Sparring Stance Shift / Dodge	(sparring stance & shift forward & dodge backward – remain on same side)
2-Punches & Front Snap Kick	(combo of 2 punches -front hand & rear hand then a rear leg front snap kick)
2-Punches & Turning Kick	(combo of 2 punches -front hand & rear hand then a rear leg turning kick)
2-Punches & Downward Kick	(combo of 2 punches -front hand & rear hand then a rear leg downward kick)
Offensive Side Kick Drill	(moving in to attack the opponent while using front leg - side piercing kick)
Defensive Side Kick Drill	(dodge away from the opponent and countering using front leg side piercing kick)
Back Piercing Kick Counter Drill	(opponent throws turning kick – counter with a back piercing kick)
180° Reverse Hook Counter Drill	(opponent throws turning kick – counter with a 180° Reverse Hooking kick)
Semi-Free Sparring (1-kick)	(reaction type sparring – each player throws one kick at a time)
Free Sparring	(Sparring Gear is required... 1-on-1 sparring rounds of 1 min & 30 seconds)

SELF-DEFENSE REQUIREMENTS:

Self-Defense Requirements:

Front, Side & Back Break Falls	(all performed from a standing position)
Wrist Releases	(demonstrate releasing, controlling & striking)
Front Choke	(demonstrate releasing, controlling & striking)
Front Grab Release	(must learn how to control the wrist and release the hold)
Front Roll	(perform from standing position – finish in a standing position)
Backward Roll	(perform from standing position – finish in a standing position)
Bear Hug Release	(Opponent is hugging from behind – escape by tripping the attacker)
Catching a Front Snap Kick	(Opponent performs a Front Snap Kick – Move to the outside and trap the leg)
Side Head Lock	(Opponent is putting a headlock from the side)

BOARD BREAKING REQUIREMENTS:

Power Breaking Only:

Turning Kick # of boards & size of board will vary**

Downward Knife-hand Strike # of boards & size of board will vary**
(ages 7 & up only)

*- candidates must perform both with right and left legs or hands.

** - depending on size (height & weight) as well as physical challenges/limits, the number of boards may vary per person.

Oral Test / Written Test Questions:

Below are subject points that can be asked either on the written test as well as on the oral test:

- Meaning of White Belt
- Meaning of Yellow Belt
- Meaning of Green Belt
- Meaning of Chon-Ji Tul
- Meaning of Dan-Gun Tul
- Meaning of Do-San Tul
- Meaning of Won-Hyo Tul
- What is continuous motion
- What is Fast Motion
- What is "Rising Motion"
- What is the ITF
- What is the birthday of ITF
- How many members started the ITF
- What is the Elements of the Theory of Power

All the answers to the above bullet points are on the following pages!

Please do not wait to study until the last moment.

White Belt

White symbolizes innocence as that of a beginner student who has no previous knowledge of Taekwon-Do.

Yellow Belt

Yellow signifies the earth from which a plant sprouts and takes root as the Taekwon-Do foundation is being laid.

Green Belt

Green signifies the plant's growth as Taekwon-Do skills begin to develop

What is Continuous Motion?

Continuous Motion is when two or more movements are joined continuously by the breath. There are 2-sinewave motions, 2-separate movements with 2-exhales while in a continuous motion and only 1-breath.

What is Fast Motion?

Fast motion is two movements in succession where there is no interruption in rhythm and the sinewave does not restart for the 2nd movement. The breakdown is 2-movements, 2-breaths with 1 & 2/3 Sinewave motions.

The Meaning of ITF

ITF stands for International Taekwon-Do Federation which was created on March 22, 1966. There were 9-founding countries (Egypt, USA, Korea, Vietnam, Malaysia, Singapore, Turkey, West Germany & Italy).

What is a "Rising Motion"?

Rising motion (ie: Rising Kick, Rising Block) is when the movement travels upward and passes higher than the eye level. When you are performing Rising Block – you should stop with the inside of the arm approximately 7cm (2.5 inches) over the fore head. When you are performing a Rising Kick – the goal is to get the leg as high as possible above the eye level.

Chon-Ji Tul (19-movements)

Chon-Ji means literally "the heaven, the earth". It is in the Orient interpreted as the creation of the world or the beginning of human history, therefore is the initial pattern played by the beginner. This pattern has two similar parts, one to represent the heaven and the other, the earth.

Chon-Ji is performed by the Yellow Stripe

Dan-Gun Tul (21-movements)

Dan-Gun is named after the holy Dan-Gun, the legendary founder of Korea in the year 2333 BC.

Dan-Gun is performed by Yellow Belt

Do-San Tul (24-movements)

Do-San is the pseudonym of the patriot Ahn-Chang Ho (1876 – 1938). The 24-movements represent his entire life which he devoted to furthering the education of Korea and its independence movement.

Do-San is performed by the Green Stripe

Won-Hyo Tul (28-movements)

Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Won-Hyo is performed by the Green Belt

The Theory of Power

The average person uses only 10 to 20 percent of their potential while any person, regardless of their size, age, or sex who can be trained to use 100 percent of this potential using the "Theory of Power". It is broken down into 6-elements which are:

REACTION FORCE

(Opposite Motions to counter balance the body)

- Newton's 3rd Law: For every action, there is an equal and opposite reaction.
- Having both arms to travel the same distance in opposite directions (arriving both hands at the same time, which will increase the overall power in the movement).

CONCENTRATION

(Mental and Physical Focus)

- The smaller the attacking/blocking tool (surface area) the greater the force (power).
- Channeling the maximum energy through the correct attacking/blocking tool.

EQUILIBRIUM / BALANCE

(Creating power through proper balance)

- It is also difficult to complete a blow or take a blow when not in balance.
- There are two kinds of equilibrium (balance). Balance while in motion and balance while still.

By keeping the body always in good balance, a blow is more effective and deadly. Conversely unbalanced is easily toppled. The stance should always be stable yet flexible, for both attack & defense.

MASS

(Using the weight of your body to the fullest)

- Adding mass (weight) to a movement by either coordinating a stance or using the hip increases the power in a movement greatly.

Example: Walking Stance Middle Punch - By coordinating the stance (foot), the punch (hand) together you are increasing the power with the momentum of the movement because of the body mass.

BREATH CONTROL

(Using the correct breathing for effective execution)

- Breathing is important as it allows the body to function (one can't live without breathing). Every activity requires various techniques or types of breathing as it uses different levels of energy.
- By breathing sharply at the end of the blow, one reinforces tensing the muscles of the body. This makes one physically stronger to deliver a blow as well as to receive an attack.

SPEED

(Using acceleration... speeding up to maximum at impact)

- To speed up (or accelerate) to obtain maximum speed as the technique reaches the target
- The technique must start from a relaxed position in order to be able to accelerate to maximum speed

Please note that children do not need to memorize this page. They should know what the 6-elements are (Reaction Force, Concentration, Equilibrium, Mass, Breath Control and Speed)

DIRECTIONS TO PERFORM PATTERN WON-HYO (Won-Hyo Tul)

Start: Close Ready Stance A (Moa Sogi A)

1. Move the left foot to B forming a right L-Stance toward B while executing a twin forearm block.
Movement name: L-Stance Twin Forearm Block
2. Execute a high inward strike to B with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-Stance toward B.
Movement name: L-Stance High Inward Knife-hand Strike
3. Execute a middle punch to B with the left fist while forming a left Fixed Stance toward B, slipping the left foot to B.
Movement name: Fixed Stance Middle Obverse Punch
4. Bring the left foot to the right foot and then move the right foot to A, forming a left L-Stance toward A while executing a twin forearm block.
Movement name: L-Stance Twin Forearm Block
5. Execute a high inward strike to A with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-Stance toward A.
Movement name: L-Stance High Inward Knife-hand Strike
6. Execute a middle punch to A with the right fist while forming a right Fixed Stance toward A, slipping the right foot to A.
Movement name: Fixed Stance Middle Obverse Punch
7. Bring the right foot to the left foot and then turn the face toward D while forming a right bending ready stance A toward D.
Movement name: Bending Ready Stance A
8. Execute a middle side piercing kick to D with the left foot.
Movement name: Middle Side Piercing Kick (with a High Punch)

9. Lower the left foot to D forming a right L-Stance toward D while executing a middle guarding block to D with a knife-hand.
Movement name: L-Stance Middle Knife-hand Guarding Block
10. Move the right foot to D forming a left L-Stance toward D while executing a guarding block to D with a knife-hand.
Movement name: L-Stance Middle Knife-hand Guarding Block
11. Move the left foot to D forming a right L-Stance toward D while executing a middle guarding block to D with a knife-hand.
Movement name: L-Stance Middle Knife-hand Guarding Block
12. Move the right foot to D forming a right Walking Stance toward D while executing a middle thrust to D with the right straight finger tip.
Movement name: Walking Stance Middle Straight Fingertip Thrust
13. Move the left foot to E turning counter clockwise to form a right L-Stance toward E, at the same time executing a twin forearm block.
Movement name: L-Stance Twin Forearm Block
14. Execute a high inward strike to E with the right knife-hand while bringing the left side fist in front of the right shoulder, maintaining a right L-Stance toward E.
Movement name: L-Stance High Inward Knife-hand Strike
15. Execute a middle punch to E with the left fist while forming a left Fixed Stance toward E, slipping the left foot to E.
Movement name: Fixed Stance Middle Obverse Punch
16. Bring the left foot to the right foot and then move the right foot to F, forming a left L-Stance toward F while executing a twin forearm block.
Movement name: L-Stance Twin Forearm Block

17. Execute a high inward strike to F with the left knife-hand while bringing the right side fist in front of the left shoulder, maintaining a left L-Stance toward F.
Movement name: L-Stance High Inward Knife-hand Strike
18. Execute a middle punch to F with the right fist while forming a right Fixed Stance toward F, slipping the right foot to F.
Movement name: Fixed Stance Middle Obverse Punch
19. Bring the right foot to the left foot and then move the left foot to C forming a left walking stance toward C while executing a circular block to CF with the right inner forearm.
Movement name: Walking Stance Inner Forearm Circular Block
20. Execute a low front snap kick to C with the right foot, keeping the position of the hands as they were in 19.
Movement name: Low Front Snap Kick
21. Lower the right foot to C forming a right Walking Stance toward C while executing a middle punch to C with the left fist.
Movement name: Walking Stance Middle Reverse Punch
22. Execute a circular block to CE with the left inner forearm while maintaining a right Walking Stance toward C.
Movement name: Walking Stance Inner Forearm Circular Block
23. Execute a low front snap kick to C with the left foot, keeping the position of the hands as they were in 22.
Movement name: Low Front Snap Kick
24. Lower the left foot to C forming a left Walking Stance toward C while executing a middle punch to C with the right fist.
Movement name: Walking Stance Middle Reverse Punch
25. Turn the face toward C forming a left bending ready stance A toward C.
Movement name: Bending Ready Stance A

26. Execute a middle side piercing kick to C with the right foot.

Movement name: Middle Side Piercing Kick (with high punch)

27. Lower the right foot on line CD and then move the left foot to B, turning counter clockwise to form a right L-Stance toward B, at the same time executing a middle guarding block to B with the forearm.

Movement name: L-Stance Middle Forearm Guarding Block

28. Bring the left foot to the right foot and then move the right foot to A forming a left L-Stance toward A while executing a middle guarding block to A with the forearm.

Movement name: L-Stance Middle Forearm Guarding Block

After completing the L-Stance Middle Forearm Guarding Block, recite "WON-HYO".

End: Bring the right foot back to a ready posture.