

WARRIOR CODE

TAEKWONDO ACADEMY



GREEN BELT LEVEL

6th Kup

Requirements to move up to the next level:

Minimum Age: 8 years old

Fast Track:

Participation in 40 Classes
4 months of consistent training
3-physical stripes
1-knowledge (homework) stripe
1-competition stripe
1-tournament stripe

Regular Track:

Participation in 64 Classes
8 months of consistent training
3-physical stripes
1-knowledge (homework) stripe

Students must complete a competition and a seminar before applying for Blue Belt (from Green Belt)



STUDY GUIDE

A. What is the meaning of Green Belt?

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

B. The meaning of Won-Hyo Tul?

Won-Hyo is the noted monk who introduced Buddhism to the Silla Dynasty in 686 A.D.

C. What is the purpose of Close Ready Stance A?

Close Ready Stance A symbolizes a monk holding either a candle or incense. It is formed by bringing the feet together, forming a right fist, left hand covering. The thumb knuckle on the left hand should be approx 12 inches (30 cm) away from the philtrum (the small part under your nose).

D. What is the purpose of Bending Ready Stance A?

The purpose of Bending Ready Stance A - is to block or guard the body while preparing to perform a side piercing kick.

E. What is the difference between L-Stance and Fixed Stance?

L-Stance and Fixed Stance have the same shape. Both feet should be angled 15 degrees inwards. There are 2-main differences:

- 1) Fixed Stance is the width of your foot longer (measured from the outside of the rear foot to the front of the toes on the front leg)*
- 2) L-Stance is 70% of the weight on the rear leg (30% on the front) - Fixed Stance is 50/50*

F. What is the "Theory of Power"?

The average person only uses 10 to 20% of their potential. Anyone, regardless of size, age or sex who can condition themselves to use 100% of their potential can also perform the same powerful techniques.

Through training will certainly result in a superb level of physical fitness, it will not necessarily result in extraordinary stamina or superhuman strength. More important, Taekwon-Do training will result in obtaining a high level of learning how to use the six factors (on the following pages) to create your full power potential:



STUDY GUIDE

REACTION FORCE

According to Newton's Law, every force has an equal and opposite force. When an automobile crashes into a wall with the force of 2000 pounds, the wall will return a force of 2000 pounds; or forcing the end of a seesaw down with a ton of weight will provide an upward force of the same weight.

If your opponent is rushing toward you at a high speed, by the slightest blow to his head, the force with which you strike his head would be that of his own momentum as well as that of your technique.

Two forces combined - the opponent's, which is large and yours which can be small and will still be quite impressive. This is the REACTION FORCE from the opponent. Another reaction force is our own. A punch with the right fist while pulling the left fist to the hip.

CONCENTRATION

Concentration is done in two ways. One is to concentrate every muscle in the body, particularly the bigger muscles around the hip and abdomen (which theoretically are slower than the smaller muscles of other parts of the body) towards the appropriate tool to be used at the proper time.

The second way is to concentrate the mobilized muscles into the opponent's vital spot. This is the reason why the hip and the abdomen are jerked slightly before the hands and feet in any action (whether it is attack or defense).

Remember that jerking the hip can be performed two ways: laterally and vertically.

EQUILIBRIUM (Balance)

Equilibrium or balance is categorized in two ways - static equilibrium and dynamic equilibrium. They are both closely interrelated that the maximum force can only be produced when the static stability is maintained through dynamic stability.

To maintain good flexibility, the center of gravity must fall on a straight line midway between both legs when the body weight is distributed equally on both legs, or on the center of the foot if it is necessary to concentrate the bulk of the body weight on one foot. The center of gravity can be adjusted according to the body weight. Flexibility and knee spring are also important in maintaining balance for both a quick attack and instant recovery.



STUDY GUIDE

BREATH CONTROL

Controlled breathing not only affects a person's stamina and speed but can also condition the body to receive a blow and augment the power of a blow directed against an opponent. Through practice, breath stopped in the state of exhaling at the critical moment when a blow is landed against a pressure point on the body can prevent the loss of consciousness and stifle pain.

A sharp exhaling of breath at the moment of impact and stopping the breath during the .

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MASS (your body weight)

Mathematically, the maximum kinetic energy or force is obtained from maximum body weight and speed; AND it is all important that the body weight can be increased during the execution of the blow. No doubt the maximum body weight is applied with the motion of turning the hip. The large abdominal muscles are twisted to provide additional body momentum. Thus the hip rotates in the same direction as that of the attacking or blocking tool.

Another way of increasing the body weight is the utilization of a springing action of the knee joint. This is achieved by slightly raising the hip at the beginning of the motion and lowering the hip at the moment of impact to drop the body weight into the motion.

Remember that there are two ways to incorporate your mass into the movement:

- a) by turning/twisting the hip side to side (for many blocking techniques)*
- b) by raising and dropping the hip (creating the sinewave)*

SPEED (Acceleration)

Speed is the most essential factor of force or power. Scientifically force (F) equals (=) mass (M) times (x) acceleration (A). The formula is: $F = M \times A$

The goal of speed in the theory of power is to relax the body and accelerate the movement to its maximum speed