

# WARRIOR CODE

TAEKWONDO ACADEMY



## GREEN STRIPE LEVEL

*7th 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 Green Belt (from Yellow Belt)



## STUDY GUIDE

### **A. What are Seminars? Why are they important?**

Seminars are specialty classes where we are able to work exclusively on specific topics. Usually when our school hosts seminars, we invite guest instructors to teach and bring new ideas, tactics or methods to the way we are already practicing the art.

It is important because it exposes the students to fresh leaders and different approaches, methods or techniques to the same drills or situations. In addition, our school is always scouting for top quality instructors & coaches to invite. We research and test out every guest very carefully before inviting them to our Academy.

### **B. What are competitions and why are they important?**

Competitions are a great method of testing the quality of your training through higher levels of pressure, stress against multiple opponents. Beginner, Intermediate and Advanced levels can start with 2-basic events - Patterns & Sparring.

Competitions are important because you first need to overcome yourself as well as the opponent. It reveals if we are truly pushing ourselves in class and if the skills are still with us in moments of pressure or fear. The more we attend these types of events - the more we are able to face those fears.

### **C. The meaning of Do-San Tul**

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.

### **D. What does ITF mean?**

ITF stands for International Taekwon-Do Federation. It was formed on March 22, 1966 with members in 9-countries (Korea, Malaysia, Singapore, Vietnam, Turkey, Italy, Germany, Egypt and USA).

The goal is to collaborate and standardize Taekwon-Do around the world. Ensure that the techniques, patterns and culture of Taekwon-Do is maintained regardless of where you are in the world.



## STUDY GUIDE

### ***E. What is Fast Motion?***

Fast motion has to do with the rhythm. In order to perform something in "fast motion" there must be at least 2 movements in the sequence and where the sinewave and rhythm of the movements flow without interruption.

In the case of Do-San: there are 2-punches which are performed in fast motion. To perform it properly, the sequence should have 1 and 2/3 sinewaves for the punches. Here is how it works:

- a) after the Middle Front Snap Kick - you would relax the knee of the standing leg  
*(meaning that you lower the body... or "down")*
- b) you then spring the knee (of the standing leg) while moving the knee of the leg which just kicked forward to the Walking Stance position  
*(in this part you are raising the body... or "up")*
- c) You land in Walking Stance, performing a Middle Obverse Punch  
*(landing in Walking Stance... or "down")*
- d) Then raise the back heel (keeping the rear leg straight), preparing to perform a Middle Reverse Punch, maintaining the same side Walking Stance  
*(raising the body... or "up")*
- e) Drop the rear heel at the same time performing a Reverse Middle Punch  
*(drop the whole body into the motion... or "down")*

Now, if a sinewave has three (3) parts: down, up, down. Then 2 movements performed normally would look like: down, up, down and then down, up, down.

Then fast motion (performing 2 movements) would be as follows: down, up down, up, down without stopping.

### ***F. What is the point system for ITF Sparring?***

As you begin sparring, understanding the point system it will help you create winning strategies:

- 1 - Point for any punch to the head or body
- 2 - Points for any kick to the body
- 3 - Points for any kick to the head



## STUDY GUIDE

### ***G. What is 2-Step Sparring?***

Two Step Sparring (or Ibow Matsogi) is, for the student one step closer to Free Sparring and more advanced than 3-Step Sparring. The purpose is to combine hand and foot combinations into a coordinated attack.

Just like 3-Step Sparring, this type of sparring has rules to be observed. 2-Step Sparring has an attack position. It will be 2-Steps (instead of 3-Steps) but there is more. Here is how it works:

- a) **There is no measurement from the attacker**  
*(when you perform with a partner)*
- b) **The attacker must use one hand movement and one kicking**  
*(the order does not matter)*
- c) **It starts and ends with an L-Stance Forearm Guarding Block**  
*(the attacker begins with one and the defender finishes with one)*

As an intermediate student you must first memorize the techniques set by Warrior Code Taekwon-Do Academy. Once you have become familiar with the rules and the techniques - you are also welcome to make your own 2-Step Sparring routines.

### ***H. What type of attacking motions are in ITF Taekwon-Do?***

It will be important for each student to know only learn the movements to the patterns, step-sparring or sparring. Each student should be aware of what the movement is used for as well as where and when it should be applied. Let's first look at the different types of attacking motions in ITF Taekwon-Do:

#### **1) Punching**

*Punching (or "jirugji") is a type of attack designed to cause internal hemorrhaging. The way to accomplish this is by having the punching tool finish a 180 degree rotation as it reaches the target.*

#### **2) Striking**

*Striking (of "taerigi") is a type of attack used for breaking or damaging the skin, muscle or bone.*

#### **3) Thrusting**

*Thrusting (or "tulgi") is a type of attack used for penetrating soft tissue. It is accomplished by using an attacking tool with a smaller surface area and concentrating speed and precision.*