



GREEN STRIPE STUDY SHEET

Each student should be training at this level for approximately 3-Months. Please keep in mind that this is the minimum wait time. 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 \$55 for this Promotion Test

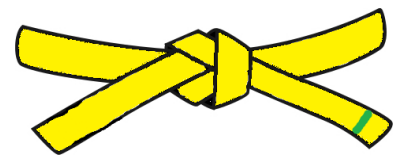
Now that you have achieved Green Stripe, you should be advised of some upcoming requirements:

- Now that you became Green Stripe, you need to purchase Sparring Safety Gear. You must purchase your gear through the school in order to ensure you are using the ITF approved gear for safety.
- Before you can grade for the Green Belt, you will need to participate in both a competition and a seminar! Our school hosts a tournament as well as various seminars throughout the year. If you miss these events, there are other options hosted by other schools.
- Once you have achieved the level of Green Belt, you will be required to register with the National Association (Original Taekwon-Do Federation America). It is an annual fee (paid in January every year).

PHYSICAL TEST REQUIREMENTS

6 minutes of running laps
6 minutes of skipping
25 push ups / 25 sit ups / 25 squats / 15 Tuck Jumps
12 Speed Kicks on each leg (front kick / turning kick / side kick)

WARRIOR CODE TAEKWON-DO ACADEMY



The Green Stripe

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) |

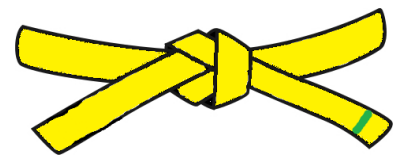
Hand Movements:

| | |
|---|----------------------------|
| 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 | (new for Green Stripes) |
| Walking Stance Middle Straight Fingertip Thrust | (new for Green Stripes) |
| Walking Stance High Back-fist Side Strike | (new for Green Stripes) |
| Walking Stance High Outer Forearm Wedging Block | (new for Green Stripes) |

Foot Techniques:

| | |
|-----------------------|----------------------------|
| Front Rising Kick | (learned at White Belt) |
| Outward Crescent Kick | (learned at White Belt) |
| Inward Crescent Kick | (learned at White Belt) |
| Side Rising Kick | (learned at White Belt) |
| Front Snap Kick | (learned at White Belt) |
| Downward Kick | (learned at Yellow Stripe) |

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The Green Stripe

| | |
|---|----------------------------|
| Turning Kick | (learned at Yellow Stripe) |
| Side Piercing Kick | (learned at Yellow Stripe) |
| Reverse Hooking Kick | (learned at Yellow Belt) |
| Back Piercing Kick (180 Back Piercing Kick) | (new for Green Stripes) |

Types of Motions:

| | |
|-------------------|--------------------------|
| Continuous Motion | (learned at Yellow Belt) |
| Fast Motion | (new for Green Stripes) |

PATTERN REQUIREMENTS:

Patterns / Pattern Exercises:

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|-------------|--|
| 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 / 2 parts to the pattern) |
| Dan-Gun Tul | (Pattern Dan-Gun – 21 movements) |
| Do-San Tul | (Pattern Do-San – 24 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) |

FOR WHITE BELTS & UP

2-Step Sparring:

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|--------------------|---|
| 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) |

NEW FOR GREEN STRIPES

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Previous Sparring Drills / Sparring Exercises:

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|-------------------------------|---|
| Sparring Stance & Switch | (create a comfortable sparring stance & practice switching legs quickly) |
| Sparring Stance & Stepping | (create a comfortable sparring stance & move stepping forward & backward) |
| Switching Front Snap Kick | (Perform a front snap kick with rear leg while switching stances) |
| Switching Turning Kick | (Perform a turning kick with rear leg while switching stances) |
| 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) |
| Sparring Stance & Double Step | (create a comfortable sparring stance & double step forward & backward) |
| Offensive Side Kick Drill | (moving in to attack the opponent while using side piercing kick) |
| Defensive Side Kick Drill | (evading an attack from the opponent and countering using side piercing kick) |
| Semi-Free Sparring (1-kick) | (reaction type sparring – each player throws one kick at a time) |

New Sparring Drills / Sparring Exercises:

| | |
|------------------------------|--|
| Switching Turning Kick Drill | (Perform a turning kick counter with rear leg while switching stances) |
| Free Sparring | (Sparring Gear Required – Sparring 1-on-1 for 1 minute rounds) |

SELF-DEFENSE REQUIREMENTS:

Self-Defense Requirements:

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|--------------------------------|---|
| Front, Side & Back Break Falls | (all performed from a standing position) |
| Wrist & Neck Releases | (demonstrate controlling and releasing) |
| Front Grab Release | (must learn how to control the wrist and release the hold) |
| Front Roll | (perform from kneeling position – finish in a kneeling position) |
| Backward Roll | (perform from a squatted position – finish in a squatted position) |
| Bear Hug Release | (Opponent is hugging from behind – escape by tripping the attacker) |

Oral Test Questions:

| | |
|---------------------------|---------------------------------|
| Meaning of Yellow Belt? | (answers on the following page) |
| Meaning of Dan-Gun Tul | (answers on the following page) |
| What is continuous motion | (answers on the following page) |
| Meaning of Do-San Tul | (answers on the following page) |
| What is Fast Motion | (answers on the following page) |
| Meaning of ITF? | (answers on the following page) |



The Yellow Belt

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

Meaning of Dan-Gun Tul

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

What is Continuous Motion

Continuous Motion is when two or more movements are joined continuously by the breath. In the case of the Pattern Dan-Gun, movements #13 & #14 are performed in a Continuous motion. There are 2-sinewave motions, 2-separate movements with 2-exhales while in a continuous motion and only 1-breath.

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.

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 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 best way to explain this is to reference how it is performed in Do-San Tul:

After performing the Middle Front Snap Kick, you begin the sinewave for the Walking Stance Middle Obverse punch (bend the knee and relax the body). Then as you move forward, you spring the knee and raise the body and drop the mass as you land in the punch. For the second punch, you skip the initial downward motion or "relax motion" and simply raise the heel (meaning - the body) and then drop heel to properly use the mass while performing the reverse punch.

-- PLEASE TAKE NOTICE --

All students are still be required to study the knowledge / oral test material from the previous levels. Students will most likely be asked various questions from the white belt, yellow stripe & yellow belt levels.