

GREEN BELT STUDY SHEET

Each student should be training at this level for approximately 4-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 \$60 for this Promotion Test

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

- Now that you became Green Belt, you need to register as a member with the Original Taekwon-Do Federation America (OTFA). The cost is \$30 per year and includes membership within the ITF, membership within the USA and also includes various workshops from OTFA Masters and Instructors.
- Before you can grade for the Blue Belt, you will again need to participate in both a competition and a seminar! Our school hosts one tournament each year as well as various seminars throughout the year. If you miss these events, there are other options hosted by other schools.

PHYSICAL TEST REQUIREMENTS

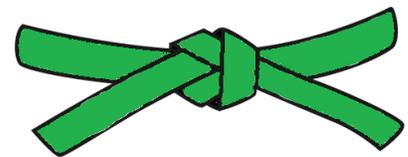
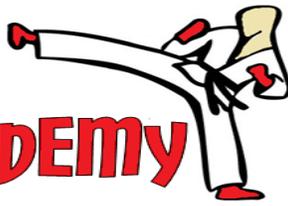
7 minutes of running laps

7 minutes of skipping

30 push ups / 30 sit ups / 30 squats / 20 Tuck Jumps

15 Speed Kicks on each leg (front snap kick / turning kick / side piercing kick / reverse hooking kick)

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The Green Belt

FUNDAMENTAL MOVEMENTS:

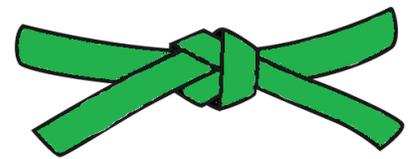
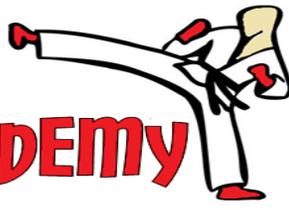
Stances:

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)

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The Green Belt

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)
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)	(learned at Green Stripe)
180 Reverse Hooking Kick	(new for Green Belts)
Jumping Front Snap Kick	(new for Green Belts)

Types of Motions:

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

PATTERN REQUIREMENTS:

Patterns / Pattern Exercises:

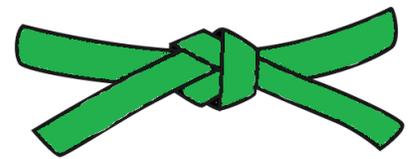
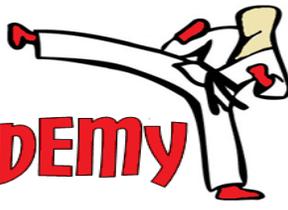
Saju Jirugi	(Four Direction Punch – 14 movements total / 7 movements per side)
Saju Makgi	(Four Direction Block – 16 movements total / 8 movements per side)
Chon-Ji Tul	(Pattern Chon-Ji – 19 movements / 2 parts to the pattern)
Dan-Gun Tul	(Pattern Dan-Gun – 21 movements)
Do-San Tul	(Pattern Do-San – 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)

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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)

Previous Sparring Drills / Sparring Exercises:

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:

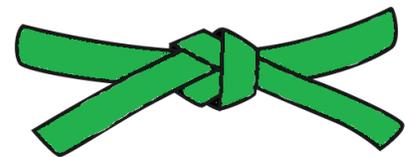
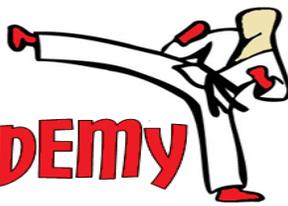
Switching Turning Kick Drill	(Perform a turning kick counter with rear leg while switching stances)
Free Sparring	(Sparring Gear Required – Sparring 1-on-1 for 1 minute rounds)

SELF-DEFENSE REQUIREMENTS:

Self-Defense Requirements:

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)

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The Green Belt

Oral Test Questions:

Meaning of the belt colors	(on the next pages)	Meaning of the patterns	(on the next pages)
What is continuous motion?	(on the next pages)	What is fast motion?	(on the next pages)
Meaning of ITF	(on the next pages)	Theory of Power	(on the next pages)

Meaning of the Belt Colors, Meaning of the Patterns & Meaning Various Motions

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.

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)

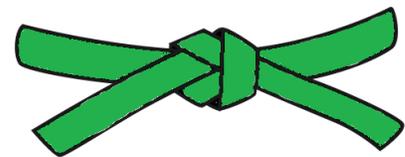
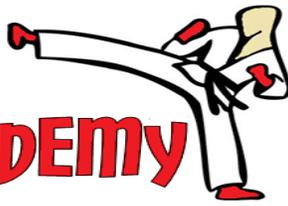
Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD.

Won-Hyo is performed by the Green Belt

The 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).

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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 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)

- 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

(Bodyweight)

- 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)

- 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

(Acceleration- to speed up)

- 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