

STRIPE TESTING FOR GREEN BELT (6TH KUP)



STRIPE #1 - FUNDAMENTALS

HAND FUNDAMENTALS

- L-Stance Twin Forearm Block
- L-Stance High Inward Knife-hand Strike
- Fixed Stance Middle Obverse Punch
- Bending Ready Stance A
- Walk. Stance Middle Inner Forearm Circular Block

FOOT FUNDAMENTALS

- 180 Reverse Hooking Kick
- Jumping Side Piercing Kick
- Jumping 180 Back Piercing Kick

Above are the fundamental exercises for a student to earn the first stripe at Green Belt (6th Kup)

In order to pass the fundamental stripe, the student should also be able to demonstrate higher level of power, accuracy, with a sense of realism as well as demonstrating a proper sinewave.

As you move higher into the levels of Taekwon-Do, it is important that you learn to relax and breath properly (not only at the end of each motion - but during the movement as well),

STRIPE #2 - PATTERNS / STEP SPARRING

PATTERNS / FORMS

- DO-SAN TUL (Pattern Do-San)
24-Movements
- WON-HYO TUL (Pattern Won-Hyo)
28-Movements

STEP SPARRING

- 2-Step Sparring #3
- 2-Step Sparring #4

Patterns and Step Sparring Stripe is about taking the attack and defense techniques you learned in Fundamentals and placing them into a "memorized" choreographed routine.

In order to pass this stripe, the student must perform Do-San Tul (the pattern of green stripe) as well as Won-Hyo Tul (the green belt pattern).

You will need to learn both the attack and defense sections of 2-step sparring #3 & #4 - with a partner. Remember the additional rules of 2-Step Sparring:

- 1) Always begins and ends with a Forearm Guarding Block
- 2) There is NO measure for this type of sparring
- 3) The attacker must perform a hand move & a foot move (in whichever order).

STRIPE #3 - SPARRING / SELF-DEFENSE

SPARRING / SPARRING DRILLS

- Move Drill #1 to #5
- Counter Turning Kick with 180 Back Kick
- Semi-Free Sparring (2 rounds)**
- Free Sparring (2 rounds)**

*** Sparring gear is required for this exercise*

SELF-DEFENSE

- Side Head Lock
 - Defend against a Front Snap Kick
 - Forward & Backward Roll
- *student must get to standing position*

In this Stripe Testing... you will require Sparring Gear. We require all students of Warrior Code Taekwon-Do Academy to purchase their gear through us for 2-reasons.

- 1) It is part of our insurance policy
- 2) We only use the top rated gear.

Remember the point system for sparring when you are creating your strategies:

1-point for any punch / 2-points for any kick to the body & 3-points for any kick to the head.

All contact should be controlled (not hard) keeping your partners safety in mind!