

## STRIPE TESTING FOR GREEN STRIPE (7TH KUP) STUDENTS



### STRIPE #1 - FUNDAMENTALS

#### HAND FUNDAMENTALS

- Walking Stance High Outer Forearm Block
- Walking Stance Middle Straight Fingertip Thrust
- Walking Stance High Back Fist Side Strike
- Walk. Stance High Outer Forearm Wedging Block
- Sitting Middle Knife-hand Side Strike
- Fast Motion (Sitting Stance & Walking Stance)

#### FOOT FUNDAMENTALS

- Back Piercing Kick
- 180 Degree Piercing Kick
- Jumping Turning Kick\*

\*performed with 2 foot take off & scissor motion

*Above are the fundamental exercises for a student to earn the first stripe at Green Stripe (7th 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

- DAN-GUN TUL (Pattern Dan-Gun)  
21-Movements
- DO-SAN TUL (Pattern Do-San)  
24-Movements

#### STEP SPARRING

- 2-Step Sparring #1
- 2-Step Sparring #2

*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 Dan-Gun Tul (the pattern of yellow belt) as well as Do-San Tul (the green stripe pattern).*

*You will need to learn both the attack and defense sections of 2-step sparring (NEW) #1 & #2 - with a partner.*

*Remember the 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 #4: Side Step
- 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

- Bearhug (attacked from rear)
- Foreward Roll\*
- 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!*