

**GREEN BELT***(Testing Green to Purple)***Physical Requirements:**

- 1) ATTENDANCE
  - A) Minimum of 30 classes
- 2) HAND TECHNIQUES
  - A) Single middle knife hand block
  - B) Knife hand neck strike
  - C) Reverse knife hand neck strike
  - D) All previous hand techniques
- 3) KICKS
  - A) Butterfly kick
  - B) Double roundhouse kick
  - C) Skipping front leg roundhouse kick
  - D) Jumping front kick
  - E) All previous kicks
- 4) KICKING SEQUENCES
  - A) Roundhouse kick, roundhouse kick, double roundhouse kick
  - B) Roundhouse kick, skipping front leg roundhouse kick, butterfly kick
- 5) STANCES
  - A) Back stance
  - B) All previous stances
- 6) FORM
  - A) Taegeuk Sam Jang
  - B) All previous forms (Adults Only)
- 7) SELF-DEFENSE
  - A) Cross arm grab
    - i) Step back and grab the attacker's wrist with the same hand that is being grabbed extending his/her arm. Step in close while keeping the attacker's arm straight and palm strike to the elbow.
  - B) Rule of thumb escapes learned at orange belt adding counters to the nine target areas.
  - C) All previous self defense techniques
- 8) BOARD BREAKING
  - A) Jumping side kick

## **GREEN BELT**

*(Testing Green to Purple)*

### **Mental Requirements:**

- 1) WHAT IS THE MEANING OF THE GREEN BELT?
  - The green belt represents the green color of plants and signifies growth. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK SAM JANG?
  - The third Taegeuk form signifies fire and clarity. SIR/MA'AM!
- 3) WHAT DOES COOPERATION MEAN?
  - Working together as a team. SIR/MA'AM!
- 4) HOW DO YOU USE COOPERATION IN THE FOLLOWING SETTINGS:
  - At home?
  - At school/work?
  - At Taekwondo?
- 5) WHAT ARE THE FOUR MENTAL COMPONENTS OF POWER?
  - Focus
  - Desire
  - Visualization
  - Confidence
- 6) KOREAN TERMINOLOGY
  - Butterfly kick – Naraban Chaggie
  - Double roundhouse kick – Dulebon Pique Chaggie
  - Skipping front leg roundhouse kick - Timio Ap Bal Pique Chaggie
  - Jumping front kick – Timio Ap Chaggie
- 7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
  - Butterfly kick – Instep (top)
  - Double roundhouse kick – Instep (top)
  - Skipping front leg roundhouse kick - Instep (top)
  - Jumping front kick – Ball of the foot
- 8) KNOW HOW TO TIE THE BELT CORRECTLY AND BE ABLE TO DEMONSTRATE TYING THE BELT AT THE TESTING.
- 9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 10) ALL PREVIOUS MENTAL REQUIREMENTS

## Taegeuk Sam Jang

