



GREEN BELT



Belt Meaning

The green belt symbolizes growth and development, much like a plant that is flourishing as it continues to receive nourishment. Just as a growing plant starts to develop stronger roots, your skills are becoming more refined and your understanding of Taekwondo is deepening.

Stripe Requirements

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| Basics (Yellow) | Back Fist Strike, Knife Hand Strike Form: All Previous, Taegeuk Sam Jang |
| Self Defense (Blue) | Green Belt Self Defense 1-5 |
| Kicking (Red) | Crescent Kick, Hook Kick, Jump Side Kick |

Breaking Technique

Back Kick