



HIGH 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

Basics (Yellow)	Spear Hand Strike, Swallow Form Strike Form: All Previous, Taegeuk Sa Jang
Self Defense (Blue)	High Green Belt Self Defense 1-4
Kicking (Red)	Spinning Hook Kick

Breaking Technique

Jump Side Kick