



# 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

<b>Basics (Yellow)</b>	Back Fist Strike, Knife Hand Strike Form: All Previous, Taegeuk Sam Jang
<b>Self Defense (Blue)</b>	Green Belt Self Defense 1-4
<b>Kicking (Red)</b>	Crescent Kick, Hook Kick, Jump Side Kick

## Breaking Technique

**Back Kick**