



## \*Green Belt

- 1) Kicks
  - a) Back kick
  - b) Hook Kick
  - c) Spinning hook kick
- 2) Stances
  - a) Back Stance
- 3) Self Defense
  - a) Head lock
  - b) Rear shoulder grab
- 4) One Steps - Hand Techniques (opponent steps forward with right foot and right hand punch) (Adults only - repeat on left side)
  - a) Left hand outer block while moving right foot out into a horse stance, then right hand high punch
  - b) Left hand outer block, move in with right elbow
  - c) Right hand outer block while moving left foot out into a horse stance, left hand middle punch
  - d) Left hand high block while stepping back with right foot, then step forward with right foot, palm strike right hand high
- 5) Strength test - 20 push ups - good form
- 6) Board Breaking - Back Kick
- 7) Form - Taegeuk Sam Jang
- 8) What is the meaning of the green belt?
  - a) The green belt represents the green color of plants and signifies growth.
- 9) What is the meaning of Taegeuk Sam Jang?
  - a) The third Taegeuk form signifies fire and clarity.
- 10) What does cooperation mean?
  - a) Working together as a team.
- 11) What are the four mental components of power?
  - a) Focus
  - b) Desire
  - c) Visualization
  - d) Confidence
- 12) Count to 40 in Korean - Mahun

\*Must remember all previous Kicks, Blocks, Strikes, Stances, Self Defense and Forms