



# **PARK'S WORLD TAE KWON DO**

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## **GREEN BELT REQUIREMENTS**

**<Green belt to Blue belt>**

- 1. BASIC STANCES**
- 2. TEN BASIC MOTIONS**
- 3. FORWARD HANDS TECHNIQUE**
- 4. TEN STEP**
- 5. FORWARD KICKING COMBINATION**
- 6. FALLING TECHNIQUE (NAK BUP)**
- 7. SELF-DEFENSE**
- 8. FORM**
- 9. STUDENT CREED**
- 10. BREAKING**
- 11. SPARRING**
- 12. TERMINOLOGY TEST – Please flip over**
- 13. PROMOTION QUALIFICATION**
  - 1) 2 – 2 ½ months & up to 12 classes**
  - 2) Instructor's approval**

# GREEN BELT EDUCATION GUIDE

## 1. BELT MEANING

-The end of spring.

The student grows and develops towards maturity in martial arts.

## 2. TERMINOLOGY

<u>ENGLISH</u>	<u>KOREAN</u>	<u>COUNTING</u>	
Front Snap Kick	Ahp cha gi	1 <sup>ST</sup> - EI	6 <sup>TH</sup> - Yuk
Round House Kick	Ahp dol ryo cha gi	2 <sup>ND</sup> - Ee	7 <sup>TH</sup> - Chil
Rising Kick	Buh duh ol li gi	3 <sup>RD</sup> - Sam	8 <sup>TH</sup> - Pal
Axe Kick	Ne ryo cha gi	4 <sup>TH</sup> - Sa	9 <sup>TH</sup> - Ku
Side Kick	Yop cha gi	5 <sup>TH</sup> - Oh	10 <sup>TH</sup> - Sib

## 3. What is the bow and why is it important to bow?

-The bow is the Eastern way of greeting, the same as a handshake in the west.

Bowing shows sincerity, respect, and deep appreciation.

## 4.

### **STUDENT CREED**

**We commit ourselves to mental and physical discipline.**

**To be friends with one another and to develop strength within our**

**group. We shall never fight to achieve selfish goals. To**

**develop wisdom and character are our ultimate**

**commitments. UNITE FOR RIGHT, SIR!**