



GREEN BELT

(Testing Green to Purple)

Physical Requirements:

- 1) KICKS
 - A) Butterfly kick
 - B) Double roundhouse kick
 - C) Jumping front kick
 - D) All previous kicks

- 2) HAND TECHNIQUES
 - A) Single middle knife hand block
 - B) Knife hand neck strike
 - C) All previous hand techniques

- 3) STANCES
 - A) Back stance
 - B) All previous stances

- 4) FORM
 - A) Taegeuk Sam Jang
 - B) All previous forms (Adults Only)

- 5) BOARD BREAKING
 - A) Jumping side kick

- 6) FALLING
 - A) Falling to the right side from a squatting position
 - B) Falling to the left side from a squatting position

- 7) SELF-DEFENSE (ADULTS ONLY)
 - A) Cross arm grab
 - i) Step back and grab the attacker's wrist with the same hand that is being grabbed extending his/her arm. Step in close while keeping the attacker's arm straight and palm strike to the elbow.

 - B) Rule of thumb escapes learned at orange belt adding counters focusing on white and yellow belt targets.

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Mental Requirements:

- 1) WHAT IS THE MEANING OF THE GREEN BELT?
 - The green belt represents the green color of plants and signifies growth. SIR/MA'AM!
- 2) WHAT IS THE MEANING OF TAEGEUK SAM JANG?
 - The third Taegeuk form signifies fire and clarity. SIR/MA'AM!
- 3) WHAT DOES COOPERATION MEAN?
 - Working together as a team. SIR/MA'AM!
- 4) HOW DO YOU USE COOPERATION IN THE FOLLOWING SETTINGS:
 - At home?
 - At school/work?
 - At Taekwondo?
- 5) WHAT ARE THE FOUR MENTAL COMPONENTS OF POWER?
 - Focus
 - Desire
 - Visualization
 - Confidence
- 6) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
 - Butterfly kick – Instep (top)
 - Double roundhouse kick – Instep (top)
 - Jumping front kick – Ball of the foot
- 7) KNOW HOW TO TIE THE BELT CORRECTLY AND BE ABLE TO DEMONSTRATE TYING THE BELT AT THE TESTING.
- 8) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)
- 9) ALL PREVIOUS MENTAL REQUIREMENTS

Tae Geuk Sam Jang

