GREEN BELT

(Testing Green to Purple)

**Physical Requirements:**

1) **ATTENDANCE**
   - A) Minimum of 30 classes

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

3) **KICKS**
   - A) Butterfly kick
   - B) Double roundhouse kick
   - C) Skipping front leg roundhouse kick
   - D) Jumping front kick
   - E) All previous kicks

4) **KICKING SEQUENCES**
   - A) Roundhouse kick, roundhouse kick, double roundhouse kick
   - B) Roundhouse kick, skipping front leg roundhouse kick, butterfly kick

5) **STANCES**
   - A) Back stance
   - B) All previous stances

6) **FORM**
   - A) Taeguk Sam Jang
   - B) All previous forms (Adults Only)

7) **SELF-DEFENSE**
   - A) Cross arm grab
     1) 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 to the nine target areas.
   - C) All previous self defense techniques

8) **BOARD BREAKING**
   - A) Jumping side kick
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(Testing Green to Purple)

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) KOREAN TERMINOLOGY
   • Butterfly kick – Naraban Chaggie
   • Double roundhouse kick – Dulebon Pique Chaggie
   • Skipping front leg roundhouse kick - Timio Ap Bal Pique Chaggie
   • Jumping front kick – Timio Ap Chaggie

7) KNOW WHAT PART OF THE FOOT IS USED TO STRIKE FOR EACH KICK
   • Butterfly kick – Instep (top)
   • Double roundhouse kick – Instep (top)
   • Skipping front leg roundhouse kick - Instep (top)
   • Jumping front kick – Ball of the foot

8) KNOW HOW TO TIE THE BELT CORRECTLY AND BE ABLE TO DEMONSTRATE TYING THE BELT AT THE TESTING.

9) BE ABLE TO IDENTIFY, DEFINE, AND ANSWER QUESTIONS ABOUT THE CURRENT LIFE SKILL CONCEPT. (Children only)

10) ALL PREVIOUS MENTAL REQUIREMENTS