

# Green Stripe Belt Curriculum

## Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Clean and correctly worn uniform

## Yellow Tape

- Self defense techniques: #1, #2
- One step sparring: #1 ~ #3
- Breaking technique: Back Hook Kick
- Black belt philosophy - "Courtesy"

## Green Tape

- Tae Geuk Sa Jang
- Philosophy of true sparring (see below)

## Black Tape

- Review and pre-test all the above requirements
- Review Terminology
- Appropriate uniform
- Minimum of 14 classes and 7 weeks

## REQUIREMENTS

1. Parent and teacher signatures on the test paper
2. Minimum of 16 classes within 8 weeks

P.K. TRAINING: Skip Jab - Punch - Hook - Back Fist - Roundhouse Kick - Back Hook Kick - Turnaround (say Sir) X2

### HAND TECHNIQUES:

1. Front Stance - Swallow Form Neck Chop X2 (Turnaround)
2. Back Stance - Outer Wrist Block X2 (Turnaround)

### KICKING TECHNIQUES:

1. Skip Ax Kick - Walking - Back Hook Kick - Turnaround (say Sir) X2
2. Skip Round House Kick - Jumping Double Round House Kick & Back Hook Kick - Turnaround (say Sir) X2

SELF-DEFENSE (ho sin sool): #1 Grab belt, #2 Grab belt with both hands (see video below)

ONE STEP SPARRING: #1, #2, #3 (see video below)

## BREAKING TECHNIQUE: Back Hook Kick

FORM: Tae Guek Sa Jang

Start - All forms begin from a ready stance

1. Turn left 90 degrees - left back stance - left double knife block
2. Step forward - right front stance - right spear finger strike
3. Turn right 180 degrees - right back stance - right double knife block
4. Step forward - left front stance - left spear finger strike
5. Turn left 90 degrees - left front stance - swallow form neck chop
6. Right front snap kick - right front stance - left middle punch
7. Left side kick - right side kick - right back stance - right double knife block
8. Turn left 270 degrees - left back stance - left in-to-out middle block
9. Right front snap kick - left back stance - right out-to-in middle block
10. Turn right 180 degrees - right back stance - right in-to-out middle block
11. Left front snap kick - right back stance - left out-to-in middle block
12. Turn left 90 degrees - left front stance - left open palm high block ÷ right neck chop
13. Right front snap kick - right front stance - right back fist - !!Kiyup!!
14. Turn left 90 degrees - left walking stance - left out-to-in middle block - right middle punch
15. Turn right 180 degrees - right walking stance - right out-to-in middle block - left middle punch
16. Turn left 90 degrees - left front stance - left out-to-in block - double middle punch
17. Step forward - right front stance - right out-to-in block - double middle punch - Kiyup!!
18. Finish - Turn left 180 degrees - return to ready stance

## TERMINOLOGY:

1. Swallow form neck chop - Jae bi poom mok chi ki
2. Outer wrist block - ba got pal mok moom tong mak ki
3. Back hook kick - Dwit who yuh cha gi
4. Korean number 31-40: Soh run hana, Sho run dul, Sho run set, Sho run net, Sho run da seot, Sho run yeo seot, Sho run il ghop, Sho run yeo deol, Sho run ah hop, Ma hoon

## GENERAL QUESTIONS AND KNOWLEDGE:

1. Why is stretching important and necessary for Taekwondo?
2. - Stretching exercises are necessary because flexibility, the result of stretching, promotes youthful agility and a sense of well being. In Taekwondo, flexibility allows greater speed in execution of techniques and a greater range of possible targets on an opponent.

## PHILOSOPHY OF TRUE SPARRING:

The purpose of free sparring is to help students practice their technique in a controlled environment and to develop balance, timing and speed, Free sparring is not a time to demonstrate physical prowess. Intense focus is required to prevent injuries, as well as, absolute control by all parties. Taekwondo takes time to learn and apply. Lack of focus during free sparring can cause severe

injuries that can last a lifetime. Injuries indicate a lack of control and focus by both parties. Sparring is the practice of sport fighting. It is a fast, action-filled game. Protective gear is worn, and the object is to score points by "touching" certain designated scoring areas. While it does teach certain aspects of self-defense and fighting, it must be remembered that it is not truly a 'fight' because there are rules and regulations imposed on participants to keep it safe and fun. It is a game of the mind, as well as body. Strategy is an important part. Sparring requires you to think three or four techniques in advance and thus it becomes comparable to a lightning fast chess game of the body and mind.

It also develops spirit. You must learn to conquer your own fears and doubts and develop confidence in your technique if you are going to win. For most people, sparring is one of the most exiting parts of Taekwondo and definitely one of the most exiting sports they will ever play. Contact sparring is NOT allowed during the early part of your training. It is important that the basic punching, kicking, blocking, foot work, block and counter movements are carefully developed first. Progress in this area promotes self-confidence and strong conviction that you can handle yourself well. Therefore, DO NOT be in a hurry to spar.

Always practice good sportsmanship and consideration for your fellow classmates. Remember, we are building good fellowship, good character, and a high sense of Dynamic TKD spirit. Complete protective equipment should always be worn in class when sparring. This equipment will help reduce problems from inadvertent contact. It is important that your practice control at all times and that all classroom rules are followed carefully.