

Green Belt Curriculum

Red Tape

- P.K. Training
- Hand Techniques #1 ~ #2
- Kicking Techniques #1 ~ #2
- Respectful attitude (Yes Sir, Yes Ma'am)
- Clean and correctly worn uniform

Yellow Tape

- Self Defense Techniques: #1, #2
- One Step Sparring: #1 ~ #3
- Practice Breaking Technique: Jumping Back Kick
- Black Belt Philosophy: "Integrity"

Green Tape

- Tae Geuk Sam Jang

Black Tape

- Review & pre-test all of 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: Cross Jab - Cross Punch - Body Hook - Body Hook - Roundhouse Kick - Jumping Back Kick - Turnaround (say Sir) X2

HAND TECHNIQUES:

1. Front Stance - Double Punch X3 (Turnaround)
2. Back Stance - Single Knife Hand Block X3 (Turnaround)

KICKING TECHNIQUES:

1. Out-in Ax Kick - Jumping Front Kick - Jumping Back Kick - Turnaround (say Sir) X2
2. Round House Kick - Jumping Double Round House Kick - Jumping Back Kick - Turnaround (say Sir) X2

SELF-DEFENSE (ho sin sool): #1 Grab hair, #2 Grab throat (see video below)

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

BREAKING TECHNIQUE: Jumping Back Kick

FORM:Tae Guek Sam Jang

Start - All forms begin from a ready stance

1. Turn left 90 degrees - left walking stance - left down block
2. Right front snap kick - right front stance - double punch
3. Turn right 180 degrees - right walking stance - right down block
4. Left front snap kick - left front stance - double punch
5. Turn left 90 degrees - left walking stance - left neck chop
6. Turn right 90 degrees - right walking stance - left middle block
7. Step forward - left walking stance - right middle punch
8. Turn left 180 degrees - left walking stance - right middle block
9. Step forward - right walking stance - left middle punch
10. Turn right 90 degrees - right front stance - right down block - left middle punch
11. Turn left 90 degrees - left walking stance - left high block
12. Right front snap kick - right walking stance - right middle punch
13. Turn right 180 degrees - right walking stance - right high block
14. Left front snap kick - left walking stance - left middle punch
15. Turn right 90 degrees - left front stance - left down block
16. Step forward - right front stance - right middle punch - !!Kiyup!!
17. Finish - Turn left 180 degrees - return to ready stance

TERMINOLOGY:

1. Horseback riding stance - Joo choom seo gi
2. Neck chop - Mok chee gi
3. Single knife hand block - Han son nal mom tong mak ki

GENERAL QUESTIONS AND KNOWLEDGE:

1. Why do we practice breaking boards?
- We practice breaking to develop power, precision, concentration, and to actually test the effectiveness of various techniques.

PHILOSOPHY OF BELT SYSTEM:

In the Taekwondo belt system, progress from White to Black Belt represents the way of life and nature. Each color stands for a specific stage of achievement. We realize the essential concept of Oriental philosophy that what is born must grow, reach maturity, die and leave behind the seeds or life of a new birth.

- White & White Stripe Belt - Beginning stage, purity, innocence, no knowledge of Taekwondo.

- **Yellow & Yellow Stripe Belt** - Energy and brightness, as from the sun, and maturation as in the yellowing of grain.
- **Green & Green Stripe Belt** - Represents new growth, which appears in spring. Techniques begin to take form.
- **Blue & Blue Stripe** - Represents the sky, continued upward attainment. The stage where one to stabilize both mentally and physically.
- **Brown & Brown Stripe Belt** - Power, stability, agility, weight and wisdom. The stage where one begins to stabilize both mentally and physically.
- **Red Belt** - Blood, life, energy, attention and control. Maturity, respect, honor and perfection of character starts to reflect.
- **Black Belt** - The combination of all colors, mastery, calmness, dignity, and sincerity. Final stage of one's life cycle and the beginning of the next.