

Green (6th Kub)

Review all High Yellow Belt requirements

Safety Gear Week

Sparring

Theory: Key factors in combination techniques are Rhythm and Tempo

Practical: Friendly contact with full safety gear

Drill

Combination: Cut step (front or rear) +/ & Turning whip kick (Trapping style)

Drill: Footwork & Kicks (w/ or w/o target, w/ or w/o partner)

Basics and Forms Week

Basics

Hand techniques: Knife hand neck attack, Front kick w/ double punches

Kicks: Whip kick (front, back, turning); Jump side kick (front leg)

Form

Tae Geuk Sahm Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques

Self-Defense

- Falling techniques (Front fall, Side fall)
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Standing jump side kick
- Practice how to hold a target

Testing Requirements

Sparring

Full safety gear
Friendly contact
Combination

Form

Tae Geuk Sahm Jhang

Self Defense

1-6 techniques

Breaking

Jump Side kick

Knowledge

Terms
Meaning of Green Belt
Literal meaning of Tae Kwon-Do
Significance of Tae Geuk Sahm Jhang

Knowledge

Know all knowledge requirements on the back of attendance card

TKD Etiquette and Leadership

Review Week

Reviewing all topics above (fast pace but good for all)

➤ **To test:** *Your tuition payment must be on time.*

Green Belt (6th Kub) Study Guide

Terms

Kyukpa	(kyûk-pâ)	Breaking
Kyorugi	(kêrö-gî)	Sparring
Ho Sin Sool	(hó sîn söl)	Self-Defense
Yang Son Nal Aha Rae Mak Ki	(yâng sôn nâl â-rá mâ ké)	Two Knife Hand Low Block
Yang Son Nal Mom Tong Mak Ki	(yâng sôn nâl moum tong mâ ké)	Two Knife Hand Outside Block
Han Son Nal Bakat Mak Ki	(hân sôn nâl bâk ât mâ ké)	One Knife Hand Outside Block

Meaning and Significance of Green Belt

A green belt signifies the color of spring, starting to grow, the beginning.

Literal meaning of Tae Kwon-Do

Tae Means Foot

Kwon Means Hand

Do Is the way or the art of combining one's mind and body

Tae Geuk 3-Jhang

Represents **Sun or Fire** that is, the fire gives brightness and infinite hope. (20 poems)