

High Green (5th Kub)

Review all Green Belt requirements

Safety Gear Week

Sparring

Theory: Purpose of doing combination techniques is to attack or to trap the opponents

Practical: Friendly contact with full safety gear

Drill

Combination: Fast kick +/& Single switch +/& Turning whip kick

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

Basics and Forms Week

Basics

Hand techniques: Spear hand thrust, Palm down block, Swallow form neck attack, Back fist, Back stance sliding inside block

Form

Tae Geuk Sah Jhang

Self-Defense Week

One Step Self-Defense

1-6 techniques (opposite side of Green Belt)

Self-Defense

- Ho Sin Sool 7-9
- Training drills in short distance and some floor exercises

Knowledge and Power Training Week

Breaking

- Turning whip kick
- Practice how to hold a target

Testing Requirements
Sparring Full safety gear Friendly contact Combination
Form Tae Geuk Sah Jhang
Self Defense 1-6 techniques Ho Sin Sool 7-9
Breaking Turning Whip kick
Knowledge Taekyon & Soobakhi How do we make power? Relaxation & Strength Exercises The American Flag Significance of Tae Geuk Sah 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.*

High Green Belt (5th Kub) Study Guide

Taekyon & Soobakhi

The predecessor of Tae Kwon-Do

How do we make power?

Power is product of mass multiplied by acceleration ($f=ma$). In other words, the weight of the person times the speed with concentration, balance, confidence, and yelling produces power.

Relaxation & Strength Exercises

Effective kicks and punches begin with relaxation for speed and end with tightness for strength. Therefore, we practice each separately and then put them together. The strength exercise increases muscle tone and gathers energy. The relaxation exercise develops speed and agility.

The American Flag

The American Flag has 13 stripes and 50 stars

- Stars** Represent each of the 50 states
- Stripes** Represent each of original 13 colonies
- Red** Symbolize courage, war, and blood
- White** Symbolize truth, freedom, and purity
- Blue** Symbolize justice and ambition

Tae Geuk 4-Jhang

Represents **Thunder**. It is fearful and sharp, even frightening. Perform this poomse with a spirit of sincerity and calmness. (20 pooms)