

Green Belt Testing for Green Stripe

Questions

What is your goal in Taekwondo?

(Answer in your own words).

Terminology

English

Horse Stance

Elbow Strike

Neck Chop

Switch Feet

Board Breaking

Double Punch

Korean

Ja Choom Soh Gee

Ball Guhp Chee Gee

Mohk Chee Gee

Ball Ba Kwa Soh

Kyuk Pah

Dew Bohn Jeer Uh Gee

Hand Techniques

1) Double Knife Block, Slide to Palm Strike

2) Elbow Strike

Kicking

1) Hook Kick, Round Kick

2) Walking Back Kick, Snapping Ax Kick

3) Jumping Back Kick**

Form

Taeguk Sam Jang

Board Breaking

1 Target - Elbow Strike or Ax Kick

Physical Fitness

Continuous Round Kicks (Bouncing Style) 30 Each Leg (60 Total)

Experience:

Minimum 24 Classes

**** Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)**