

# Green Stripe testing for Blue Belt

## Questions

*Why is stretching important and necessary for Taekwondo?*

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 a opponent.

## Terminology

### English

Back Fist  
Chest Guard  
Blue  
Red  
Stop  
End  
Continue

### Korean

Duhn Ja Mohk  
Ho Goo  
Chong  
Hong  
Kahl Yeo  
Goman  
Kay Soh

## Hand Techniques

- 1) Inner Wrist Block, Middle Punch
- 2) Hammerfist (sideways)

## Kicking

- 1) Skip Side Kick, Skip Hook Kick
- 2) Cut Kick, Back Kick
- 3) Jumping Side Kick (Rear Leg)\*\*

## Form

Taeguk Sa Jang

## Breaking

2 Targets - Elbow Strike & Ax Kick

## Physical Fitness

Push-Ups (Male 15, Female 12)  
Sit-Ups 40 (Male & Female)  
Show Proper Technique (Deep Front Stance, Flat and Ball of Foot)

## Other Requirements

Know How To Tie A Chest Guard

## Experience

Minimum 24 Classes

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