

# GREEN BELT

## TAEKWON-DO REQUIREMENTS

6TH GUP (GREEN BELT) test for 5TH GUP (BLUE STRIPE)

Name: (Please print First and Last)	Signature:	Age:
I hereby request to be tested for a higher rank and agree that the examiner shall be the only persons who are qualified to place me on the basis of my technique, knowledge of the art and attitude.		Date of completion:

### ▶ ATTENDANCE

Attend a minimum of 32 Beginning level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 9: DATE _____	<input type="checkbox"/> 17: DATE _____	<input type="checkbox"/> 25: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 10: DATE _____	<input type="checkbox"/> 18: DATE _____	<input type="checkbox"/> 26: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 11: DATE _____	<input type="checkbox"/> 19: DATE _____	<input type="checkbox"/> 27: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 12: DATE _____	<input type="checkbox"/> 20: DATE _____	<input type="checkbox"/> 28: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 13: DATE _____	<input type="checkbox"/> 21: DATE _____	<input type="checkbox"/> 29: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 14: DATE _____	<input type="checkbox"/> 22: DATE _____	<input type="checkbox"/> 30: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 15: DATE _____	<input type="checkbox"/> 23: DATE _____	<input type="checkbox"/> 31: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 16: DATE _____	<input type="checkbox"/> 24: DATE _____	<input type="checkbox"/> 32: DATE _____

In addition to the above classes, the student must be able to demonstrate the following items with precision, balance and power. (Each section and attendance must be signed by an assistant instructor or instructor where appropriate.)

### ▶ CITIZENSHIP (Social & Academic)

On going demonstration of good discipline:  
COURTESY, INTEGRITY, PERSEVERANCE, SELF-CONTROL, INDOMITABLE SPIRIT

At home, school, and public (Including grade point average)

<input type="checkbox"/> COMPLETE _____ DATE:	Parent's Name: (If the student is under the age of 18): _____ Parent's Signature: _____
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In Studio

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature: _____
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### ▶ STANCES

- Close ready stance type A
- Fixed stance
- Bending ready stance type A

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature: _____
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### ▶ HAND TECHNIQUES

- Inward strike with the knife-hand
- Circular block with the inner forearm
- Guarding block with the outer forearm

<input type="checkbox"/> COMPLETE _____ DATE:	Examiner's Name (Print Name): _____ Examiner's Signature: _____
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## ► CONDITIONING

- Star Jump's (30)
- Jumping Squats (30)
- Knuckle Push-ups (15)
- 8 count body builders (15)
- Leg Raise's (1 minute & 30 seconds)
- Jumping Lunges (30)
- Knee to Standing Jump (20)
- Stretching - Side & Front Splits, Feet together

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## ► PATTERN

- Won-Hyo

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## ► KNOWLEDGE

- **Counting to 50 in Korean:**

41 - Mahun HANA	46 - Mahun YASUT
42 - Mahun DOOL	47 - Mahun ILGOP
43 - Mahun SET	48 - Mahun YAUDUL
44 - Mahun NET	49 - Mahun AHAUL
45 - Mahun TASUT	50 - SWIN
- **Won-Hyo pattern Interpretation:** Won-Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.  
  
 Won-Hyo has 28 movements, and its diagram is the shape of a capital "H".
- **A vocabulary of at least 24 Korean words used in class:**
  - Assistant Instructor - BOO SA-BUM (1ST - 3RD DAN)
  - Attention - CHARYOT
  - At Ease - SWIYO
  - Begin - SI-JAK
  - Bow/Salute - KYONG-YE
  - Degree - DAN
  - Face the Flags - KUK-KI-YEA TAE-HAE
  - Finished - EE-SANG
  - Grade - GUP
  - Grand Master - SA-SUNG (9TH DAN)
  - Gymnasium - DO-JANG
  - Instructor - SA-BUM (4TH - 6TH DAN)
  - Instructor Sir - SA-BUM NIM
  - Master Instructor - SA-HYUN (7TH - 8TH DAN)
  - Meditate - MUK-NYOM
  - Pattern - TUL
  - Ready Position - JUNBI
  - Return to Ready - BARO
  - Sit/Kneel - ANJ-OH
  - Stop - GUMAN
  - Thank You - KO-MAP SUM-NEE-DA
  - Turn Around - TUI-TORA
  - Uniform - DO-BOK
  - Yell - KI-AP

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## ► KICKING

- Hook kick (lead leg, rear leg & stepping motion)
- Downward kick (lead leg, rear leg & stepping motion)
- Crescent kick
- Flying High kick
- Flying Side Piercing kick
- Double kicks
- Two Consecutive kicks

**Consecutive Kicks** are two or more kicks using the same foot against a single or several opponents in succession. The kicks may be different kicks or the same kick to different directions. At higher levels of rank the number of kicks increase and the kicks are performed to different targets and directions.

**Double Kicks** are two of the same kick with the same foot. The kicks may be performed to different heights, but must be performed to the same direction.

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

## ► BREAKING

Children (Ages 13 and under)

- 1/2 Board Downward kick
- Women & Juniors (Juniors age 13 to 17)
- 1/2 Board Downward kick
- 1/2 Board Knifehand Downward Strike

Men (Ages 18 and above)

- 1 Board Downward kick
- 1 Board Knifehand Downward Strike

<input type="checkbox"/> <b>COMPLETE</b>  _____ DATE:	Examiner's Name (Print Name):
	Examiner's Signature:

### ○ Demonstration of Tenets:

**PERSEVERANCE:** There is an old Oriental saying, "Patience leads to virtue or merit." "One can make a peaceful home by being patient for 100 times." Certainly, happiness and prosperity are most likely brought to the patient person. To achieve something, whether it is a higher degree or the perfection of a technique, one must set his goal, then constantly persevere. Robert Bruce learned of perseverance from the persistent efforts of a lowly spider. It was this perseverance and tenacity that finally enabled him to free Scotland in the fourteenth century. One of the most important secrets in becoming a leader of Taekwon-Do is to overcome every difficulty by perseverance. Confucius said; "one who is impatient in trivial matters can seldom achieve success in matters of great importance."

**Characteristics of a Close Ready Stance Type A (Moa Junbi Sogi):** The Close Ready Stance Type A is performed with both feet together and parallel. The weight is distributed evenly on both feet with the legs straight. This stance is performed full facing with the right fist held 30 centimeters (12.2 inches) in front of the philtrum and the left hand wrapped around the right fist with the fingertips of the left hand on the knuckles of the right hand.

**Characteristics of a Fixed Stance (Gojung Sogi):** The Fixed Stance is 2.5 centimeters (1 inch) wide, measured from the inside heel of the front foot to the back heel of the rear foot. It is 1.5 shoulder widths long, measured from the big toe of the rear foot to the big toe of the front foot. The weight is distributed 50% on the rear foot and 50% on the front foot. The rear leg is bent, and the rear foot pointed in 15 degrees. The front leg is bent, and the front foot is pointing in 15 degrees. This stance is named for the front foot and is always performed half facing.

**Characteristics of a Bending Ready Stance Type A (Guburyo Junbi Sogi):** The Bending Ready Stance Type A is performed standing on one bent leg and therefore has no length or width. The weight is all on the bent supporting leg with the non-supporting foot placed at the knee joint of the supporting leg. The knee of the non-supporting leg is pointed at about 15 degrees to the side front. This stance is named for the supporting leg and is performed side facing with the fists forming a high guarding block.