

# GREEN STRIPE

## TAEKWON-DO REQUIREMENTS

7TH GUP (GREEN STRIPE) test for 7TH GUP (DOUBLE GREEN 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 16 Beginning level classes.

<input type="checkbox"/> 1: DATE _____	<input type="checkbox"/> 9: DATE _____
<input type="checkbox"/> 2: DATE _____	<input type="checkbox"/> 10: DATE _____
<input type="checkbox"/> 3: DATE _____	<input type="checkbox"/> 11: DATE _____
<input type="checkbox"/> 4: DATE _____	<input type="checkbox"/> 12: DATE _____
<input type="checkbox"/> 5: DATE _____	<input type="checkbox"/> 13: DATE _____
<input type="checkbox"/> 6: DATE _____	<input type="checkbox"/> 14: DATE _____
<input type="checkbox"/> 7: DATE _____	<input type="checkbox"/> 15: DATE _____
<input type="checkbox"/> 8: DATE _____	<input type="checkbox"/> 16: DATE _____

### 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	Parent's Name: (If the student is under the age of 18):
DATE: _____	Parent's Signature:

In Studio

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

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.)

### STANCES

No new stance required

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

### HAND TECHNIQUES

- Side block with the outer forearm
- Middle thrust with the straight fingertip
- Side strike with the back fist
- Wedging block with the outer forearms

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

### PATTERN

- Do-San

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

### KICKING

- High kick (lead leg, rear leg & stepping motion)
- Side Pushing kick (lead leg, rear leg & stepping motion)
- Side Thrusting kick (lead leg, rear leg & stepping motion)
- Flying Front Snap kick

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

## ► CONDITIONING

- Star Jump's (20)
- Jumping Squats (20)
- Knuckle Push-ups (10)
- 8 count body builders (10)
- Leg Raise's (1 minute)
- Jumping Lunges (20)
- Knee to Standing Jump (10)
- Stretching - Side & Front Splits, Feet together

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

## ► BREAKING

- Children (Ages 13 and under)
- 1/2 Board High kick
- Women & Juniors (Juniors age 13 to 17)
- 1/2 Board High kick
- Men (Ages 18 and above)
- 1 Board High kick

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

## ► KNOWLEDGE

- **Counting to 40 in Korean:**

31 - Soran HANA	36 - Soran YASUT
32 - Soran DOOL	37 - Soran ILGOP
33 - Soran SET	38 - Soran YAUDUL
34 - Soran NET	39 - Soran AHAUL
35 - Soran TASUT	40 - MAHUN
- **The Do-San pattern Interpretation:** Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.

Do-San has 24 movements, and its diagram is the shape of one "stair step" up and to the right.

- **The meaning of Green Belt:** Green signifies the plant's growth as the Taekwon-Do skill begins to develop.
- **The opening ceremony for a Taekwon-Do class (Beginning Class)**
  - ATTENTION (CHARYOT)
  - FACE THE FLAGS (KUK-KI-YEA TAE-HAE)
  - SALUTE (KYONG-YE)
  - RETURN TO ATTENTION STANCE (BARO)
  - KNEEL (ANJ-OH)
  - MEDITATE (MUK-NYOM)
  - RETURN TO ATTENTION STANCE (BARO)
  - ATTENTION (CHARYOT)
  - FACE THE INSTRUCTOR (SA-BUM NIM GAE)
  - BOW (KYONG-YE)

### **The closing ceremony for a Taekwon-Do class (Ending Class)**

ATTENTION (CHARYOT)  
 FACE THE FLAGS (KUK-KI-YEA TAE-HAE)  
 SALUTE (KYONG-YE)  
 RETURN TO ATTENTION STANCE (BARO)  
 KNEEL (ANJ-OH)  
 MEDITATE (MUK-NYOM)  
 RETURN TO ATTENTION STANCE (BARO)  
 ATTENTION (CHARYOT)  
 FACE THE INSTRUCTOR (SA-BUM NIM GAE)  
 BOW (KYONG-YE)  
 CLASS IS FINISHED (EE-SANG)  
 THANK YOU VERY MUCH (KO-MAP SUM-NEE-DA)

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