

# Requirements for Green Belt test

## Terminology & Questions

ARAE MAKGEE – low section block

MOMTONG MAKGEE – middle section block

EOLGOOL MAKGEE – high section block

AP CHAGEE – front thrusting kick

21 – 30: sumul hana, sumul dool, sumul set, sumul net, sumul dauset, sumul yauset, sumul ilgop, sumul yadaull, sumul ahop, sorhun

How do you say , “Hello, how are you?” Ahn myung ha shim nee ka

Why is it necessary to practice forms and basics?

Forms and basics form a necessary foundation for achieving coordination, agility, and skill.

## Required kicks/punches/blocks/strikes

- 1) Out to In kick, Jump Front Kick and Jump back Kick
- 2) Front stance, palm block spear finger

## Required form – “Taegeuk E Jang”

- 1) Joonbee
- 2) Turn left 90 degrees – walking stance – left down block
- 3) Step forward into front stance – right middle punch
- 4) Turn right 180 degrees – walking stance – right down block
- 5) Step forward into front stance – left middle punch
- 6) Turn left 90 degrees – walking stance – right inner wrist block
- 7) Step forward into walking stance – left inner wrist block
- 8) Turn left 90 degrees – walking stance – left down block
- 9) Right front snap kick into front stance – right face punch
- 10) Turn right 180 degrees – walking stance – right down block
- 11) Left front snap kick into front stance – left face punch
- 12) Turn left 90 degrees – walking stance – left high block
- 13) Step forward into walking stance – right high block
- 14) Turn left 270 degrees – walking stance – right inner wrist block
- 15) Turn right 180 degrees – walking stance – left inner wrist block
- 16) Turn left 90 degrees – walking stance – left down block
- 17) Right front snap kick into walking stance – right middle punch
- 18) Left front snap kick into walking stance – left middle punch
- 19) Right front snap kick into walking stance – right middle punch – KIYUP!
- 20) Turn left 180 degrees into Joonbee – Baro!

### **Required One Step Sparring techniques**

1 - Left hand knife hand block while stepping forward with right leg

Right hand neck chop

Right hand elbow strike to left side of opponent's face

Right hand back elbow strike to right side of opponent's face

2 - Left hand knife hand block while stepping forward with left leg

Using right hand, spear hand to groin

Right hand Chaun Kwon

### **Required breaks**

13 years and up

Front Kick

12 years and younger

Front Kick