

Requirements for Green Stripe Belt test

Terminology & Questions

YOP CHAGEE – side thrusting kick

DOLYUH CHAGEE – roundhouse kick

DUIDORA CHAGEE – back kick

KYO RUKE – sparring stance

Why do we practice breaking boards?

We practice breaking to develop power, precision, concentration, and to actually test the effectiveness of various techniques

Required kicks/punches/blocks/strikes

- 1) Skip Roundhouse Kick, Double roundhouse Kick and Back Hook Kick
- 2) Horseback riding stance, neck chop
- 3) Horseback riding stance, back fist
- 4) Horseback riding stance, elbow strike
- 5) Horseback riding stance, down block

Required form – “Taegeuk Sam Jang”

- 1) Joonbee
- 2) Turn left 90 degrees – walking stance – left down block
- 3) Right front kick – double punch – front stance
- 4) Turn 180 degrees right – walking stance – right down block
- 5) Left front kick – double punch – front stance
- 6) Turn left 90 degrees – walking stance – right neck chop
- 7) Right step forward – walking stance – left neck chop
- 8) Turn 90 degrees to left - back stance – single knife hand block
- 9) Slide left foot to left – front stance – right middle punch
- 10) Turn 180 degrees to right – back stance – single knife hand block
- 11) Slide right foot to right – front stance – left middle punch
- 12) Turn 90 degrees to left – walking stance – right inner wrist block
- 13) Step right foot forward – walking stance – left inner wrist block
- 14) Turn 270 degrees to left to left down block – walking stance
- 15) Right front kick – double punch – front stance
- 16) Turn 180 degrees to right – right down block – walking stance
- 17) Left front kick – double punch – front stance
- 18) Turn 90 degrees to left – walking stance - left down block – right middle punch
- 19) Step forward – walking stance – right down block – left middle punch
- 20) Left front kick – walking stance – left down block – right middle punch
- 21) Right front kick – walking stance – right down block – left middle punch – KIYUP!
- 22) Turn left 180 degrees into Joonbee – Baro!

Required One Step Sparring techniques

1 - Left hand inside block while stepping forward with left leg
Two middle punches
Right hand face punch
Right leg roundhouse kick

2 - Left hand inside block while stepping forward with left leg
Right hand middle punch
Left hand face punch
Grab shoulder with left hand and arm with right hand
Step up with right foot so it is next to your left foot
Sweep opponent's right leg with left leg
Right hand punch to head

3 - Left hand inside block while stepping forward with left leg
Step forward with right leg
Right elbow strike to solar plexus
Right elbow strike to ribs under opponent's right arm
Turn around so right knee is in front of opponent's right knee
Left elbow strike to stomach

Required breaks

13 years and up

Sodo/Side Kick

12 years and younger

Sodo/Front Kick