

TEST FOR 6TH GUP
GREEN BELT

LESSONS: Candidates for this rank must have trained for a minimum of two months and completed at least 32 lessons. Students must complete 4 hours of assistant teaching.

BLOCKS:

Low Guarding Block, palms up

Crossing High Block

Crossing Low Block

Leg Grab, Elbow Strike

Fixed Stance Middle Punch

Vertical Punch

Reverse Punch

Hammerfist Strike to the top of the head

KICKS:

Triple Roundhouse Kick

Combination Hook Kick, Roundhouse Kick

High Side Kick

Spinning Outside Crescent

Reverse Jumping Front Kick

Reverse Jumping Side Kick

Reverse Jumping Roundhouse Kick

Reverse Jumping Hook Kick

Gam – Sa – Ham – Ni – Da means “Thank you.”

Chonmaneo means “You’re Welcome.”

The sound a student makes when executing a technique is called the ‘Kiap.’ It is intended to focus our minds as well as increase our power. Kiaps tighten our stomach muscles to protect us from injury. They are also intended to startle an opponent.

The Tenants of Taekwon–Do:

Courtesy

Integrity

Perseverance

Self Control

Indomitable Spirit

General Choi Hong Hi (pronounced He) was one of the founders of Taekwon–Do. He was the first President of the International Taekwon–Do Federation (ITF).

Dr. Unyong Kim was another founder of Taekwon–Do and was the President of the World Taekwon–Do Federation (WTF).

Forms are used in many martial arts and serve several purposes. They are a way to focus the mind, a form of meditation, a way to exercise, a training regime and lastly, an imaginary fight against invisible opponents. Forms require students to practice a wide variety of moves and stances. They improve our skills while giving us a dance like routine that can be both graceful and powerful. In Karate forms are called Katas (singular Kata). In Taekwon–Do there are two main systems. ITF uses Hyung and WTF uses Poomses (pronounced “poom says”). Another martial art, Tai Chi, consists of learning a single form. Tai Chi is practiced around the world and many students enjoy its gentle, relaxing movements. All martial arts are to be respected and all have value.

Won-Hyo is named after a monk who introduced Buddhism to Korea in the year 686 AD. Buddhism is one of the major religions of the world and is widespread throughout Asia. This form has 28 moves and its diagram is a capital "I".

SPARRING: Two Step Sparring (11 – 13) Semi Sparring Free Sparring

HO SIN SULS: Defense against wrist grabs: (1 – 4)

REQUIRED BREAKS: Stepping Behind Back Kick Single Jumping Side Kick
Knifehand Strike (Downward)