

# BELT REQUIREMENT

## GREEN TO GREEN/BLACK

QUESTIONS	ANSWERS
WHAT IS THE CORE STYLE WE TEACH?	
WHERE DOES TAE KWON DO COME FROM?	
WHY DO WE BOW	
WHAT STYLE OF TKD DO WE TRAIN IN	
SCHOOL RULES # 5 & 6	
WHAT DOES COURAGE MEAN	

CATEGORY	TECHNIQUE
PROPER PUSHUPS	25
STANCES	JUN BI, CHA RYUT, HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE
PUNCHES	JAB, REVERSE, HAMMER, ELBOW STRIKES 1-7, PALM, KNIFEHAND CHOP, KNIFEHAND STRIKE, ELBOW SMASH BACKFIST, UNDERCUT
BLOCKS	DOUBLE OUTSIDE BLOCK, HIGH BLOCK, LOW BLOCK, INSIDE BLOCK, OUTSIDE BLOCK, BASIC KNIFEHAND BLOCKS DOUBLE KNIFEHAND BLOCKS
KICKS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE BELT CHARGING SIDE KICK, TORNADO KICK, HOOK KICK, JUMP SPINNING SIDE KICK
SELF-DEFENSE	GREEN BELT STRIKE DEFENSE # 1-4 GRAB DEFENSE OF THE MONTH
FORMS	WHITE BELT, YELLOW BELT, PURPLE BELT, ORANGE, TAEGUEK SA JANG (FIRST 6 MOVES)

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