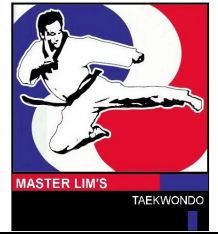


Requirements Orange to Green Belt



ORANGE BELT Meaning: The growth in Spring.

Student develops basic skills of Taekwondo.

CURRICULUM

- ❖ **WHITE TAPE** Ten Elbow Strikes
- ❖ (Horse riding, Long stances) 10 Strikes

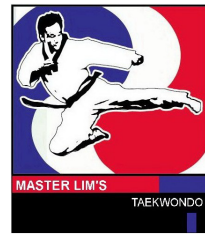
- ❖ **YELLOW TAPE** kicking Combination (guarding stance)
Kick, Knee up Kick, Jumping kick
Sparring: Block and kick
- ❖ **BLUE TAPE** Self Defense (grab shoulder)
- ❖ **Child:** #1, #2
- ❖ **Adult:** #1, #2

- ❖ **RED TAPE** Mental Education

- ❖ **Breaking:** Kick, Knee-Up-Kick

- ❖ **BLACK TAPE** TAE GUK FORM (Sa Jang)

Education Guide



ORANGE TO GREEN BELT

➤ Simple Korean Terminology & English Translation

| <i>Korean</i> | English |
|----------------------|----------------|
| Mian haeyo | Sorry |
| Cheonman haeyo | You're Welcome |

- What are the benefits of sparring?
 - For physical self-control and mental readiness.
- What should you do about a bully?
 - Ignore him/her, or speak to an adult.

**** SPARRING CLASS IS NOW AVAILABLE
FOR ORANGE BELT LEVEL AND UP! ****

Please see staff for information about appropriate gear.