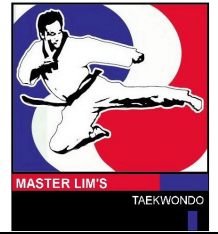


# Requirements Green to Blue Belt

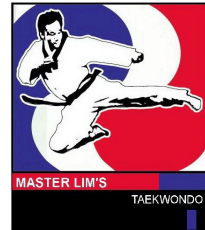


**GREEN BELT Meaning: The enrichment of Summer  
Student is determined to persevere and grow.**

## CURRICULUM

- ❖ **WHITE TAPE** Ten Basic Motion (Diamond, High Chop, Finger Thrust, Scissor Block)  
(Long stance, horse riding stances) 10 Blockings
  
- ❖ **YELLOW TAPE** kicking Combination (guarding stance)  
Kick, turn around, and kick  
**Sparring: Shuffle Back kick**
  
- ❖ **BLUE TAPE** Self Defense ( Grab shoulder From Behind)
  
  
- ❖ **RED TAPE** Belt Meaning  
**Breaking: Side Kick**
  
  
- ❖ **BLACK TAPE** TAE GUK FORM (Sa Jang)

# Education Guide



## GREEN BELT TO BLUE BELT

### ➤ Simple Korean Terminology & English Translation

| <b><i>Korean</i></b> | <b>English</b> |
|----------------------|----------------|
| ChoonSung            | Loyalty        |
| SoonJong             | Obedience      |
| HyoJoe               | Co-operation   |
| JoenKyung            | Respect        |

**What are three vital targets to hit on an opponent?**

1. Between nose and mouth
2. The Solar plexus (between the ribcage and the navel)
3. Lower abdomen.

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

**Please see staff for information about appropriate gear.**