



Promotion to Green Belt – 6th Kup

- **Warm up**
 - Sprint on the spot
 - 25 press ups
 - 25 sit ups
 - 25 jumping jacks
 - Sitting stance - single punches
 - Sitting stance - double punches
 - Sitting stance - triple punches
- **Traditional line work**
 - Walking stance - obverse rising block + reverse punch
 - Walking stance - front snap kick (back leg), obverse, reverse punch
 - L - stance - knife hand guarding block
 - L - stance - twin forearm block
 - Sitting stance – knife hand strike
 - Side kick, back kick – L stance forearm guard
 - High section turning kick – L stance knife hand guard
- **Patterns** Up to and including Do-San.
- **Freestyle line work**
 - Backfist - ridgehand
 - Ridgehand – reverse punch
 - Lead leg switch axe kick – double punch
 - Step through side kick – reverse punch
 - Hook kick – turning kick (same leg)
 - Outward to inward crescent kick – spinning crescent kick
 - Double punch – jump back kick
- **Sparring skills & set sparring**
 - Three step semi free sparring (good variety of kicks) hand & leg counter attacks
 - Three step sparring numbers 1 to 4
- **Bag work**
 - Bag work - front, turning and sidekicks (back leg) with both sides.
- **Paddle work**
 - Inward to outward crescent kicks
 - Outward to inward crescent kicks
- **Pad drills**
 - Pad drill 1 (right and left side)
 - Pad drill 2 (right and left side)
- **Self defence**
 - Single hand grab to throat
 - Double handed grab to lapel
 - All previous self defence techniques to be included
- **Theory**
 - All theory to be learnt on the reverse of this document



PROMOTION TO GREEN BELT

1. **What part of the foot do you use when performing a hook kick (Golcha)?**
The heel (Dwitchook).
2. **What does a wedging (Hechyo) block defend against?**
A double handed grab, twin vertical punch, double handed push or two handed front Choke.
3. **What is the weight distribution in your legs, when performing a sitting stance (Annun sogi)?**
50% on both legs.
4. **What is the meaning of green belt?**
Please see below.
5. **What does integrity mean?**
Doing the right thing, when nobody is looking. Being trustworthy in the eyes of others. Also keeping your promises
6. **What does perseverance mean?**
Persistence in doing something despite difficulty. Never giving up.
7. **How many movements are there in pattern Do San and what is its meaning?**
Please see below.
8. **Why do we "Ki Ha" on attacking techniques?**
To make our techniques stronger, make us more confident, to scare and stun the opponent.

MEANING OF BELT COLOURS

GREEN: Signifies the plants growth as Tae Kwon Do skills begin to develop.

Learn these basic commands, if you have problem pronouncing these then please ask for assistance from the instructor.

KOREAN:

Six	-	Yosaul
Seven	-	Ilgop
Eight	-	Yodoll

Do-San Tul (24 movements)

Do-San is a pseudonym of the patriot Ahn Chang-Ho (1876 - 1938). The 24 movements represent his entire life which he devoted to furthering education in Korea and the Korean independence movement.

To be learnt when you are a green stripe, 7th Kup.