

Green Belt Promotion Exam Contents

- ❖ Student must take a minimum of 24 classes in 3 months to be eligible for promotion to the next level.

Juchum Suhgi # 1 to # 19	At this level students will learn # 13 to # 19 and they will be expected to perform more precisely. ✓ Key point: Practicing proper back stance and the four fundamental TKD kicks.
Poomse # 3 Tae geuk Sam Jahng (Adults only)	The third TKD form coordinates all basic blocks, punches, and kicks in two basic stances through 20 movements. Poomse # 3; This form represents “hot” and “bright” (fire), this is to encourage the trainees to harbor a sense of justice and ardor for their training. ✓ Key point: Learn and practice how to use knife hand block and strike.
Stationary Kicks	Students will learn and be able to perform “ Back Kick ”—(Dwi Chagi) ✓ Key point: Pivot front foot before kicking, raise the knee up and then kick straight toward the target. Once the kick is made, the heel of the foot should be 30 degrees higher than the toes.
Combinations	Students will learn and be able to perform middle block combined with back kick. ✓ Key point: Both arms should be in a good guarding position, pivot the front foot correctly and shift the shoulders and look at the target over your shoulder. ✓ Do not over turn shoulder, and keep heel up and toes at least 30 degrees down.
Sparring Steps (# 5 & # 6)	It is beginning of the intermediate TKD sparring steps that help students build great agility and focus. The purpose of these steps is to fake out the opponent and avoid an opponents attack. ✓ Key point: Shifting the foot quickly and keeping your eyes on the opponent # 5: Move front foot (left foot) one step backward then right foot half step forward then finish with left foot take a big step forward with “Kihap”. # 6: Back foot one step back and bend knee as upper body leans back 45 degrees.
Breaking (Back kick)	Students will learn and be able to perform how to use back kick to break a board. ✓ Key point: Take a deep breath and inhale and exhale, stay focused on the target and then strike right in the middle with a loud “Kihap” ✓ Back kick should focus mainly on the mid-section of the body.
One Step Self-Defense (Adults Only)	#7 and #8
Speech (Required written essay Kids only)	We emphasize that TKD training is not just punches and kicks, it is more about building positive character, writing an essay in their own words and reciting their speech in front an audience is one of best ways to build their leadership skills, character and confidence. ✓ Key point: Please do not write an essay for your child, you can help them with spelling and sentence structure. <u>We do not need to know the Parents essay skills.</u> Children: “The meaning of Patience”
Terminology & Words	Anhnyong hahseyo? : How are you? Kamsah hamnidah: Thank you Jon Gyong Hamnida : We honor you