

Green Belt 1st Degree Curriculum

Hand Techniques

Forward elbow _____ Spear hand _____

Leg techniques

Jump-front-round kick _____ Crescent kick (in to out) _____ High round kick _____
Reverse step forward/round kick _____

Combos

Olympic style: Side step/round kick _____ Side step-back kick _____
Self Defense: Cross punch/round kick (rear leg) _____

Footwork:

Box step _____ Nadobaun step _____ Whonjin/chungin _____ Step forward step back _____

Poomse: Tea Guk Sau Jang _____

Punching Defense:

1 _____
Grade: _____
2 _____
Grade: _____

Self Defense:

1 _____
Grade: _____
2 _____
Grade: _____

Blocking:

Slip right and left _____ Cover (boxing style) _____

Stances:

Back stance _____

Terminology/ Philosophy:

- 1) Anyasayo (hello) _____ Sue-go (good workout) _____
Poomsae (forms) _____ Kaleow (break) _____
- 2) Success principle #2: be pro-active. _____
- 2) Four of the Tenets of TKD:
(The 5 tenets of TKD: Perseverance, Self-control, Courtesy, Integrity, Indomitable spirit) _____
- 4) Student creed #4: I will use my martial arts constructively and defensively _____

Physical requirements:

Push ups _____ per 30 sec. _____
Crunches: _____ per 30 sec. _____
Hold feet up: _____ 30 sec. _____
Leg ups: _____ per 30 sec. _____
Slow front kick:
Right _____ per 30 sec. _____
Left _____ per 30 sec. _____
Hopping in guarding stance 1 min or best time _____
Non-stop alternating front kicks in place. (30sec.) _____

Attendance: Minimum 24 classes