

# 2nd Degree Green Belt Curriculum

## Hands Techniques

Hook punch \_\_\_\_\_ Neck chop \_\_\_\_\_

## Legs Techniques

Pada chugy \_\_\_\_\_ Jump back kick \_\_\_\_\_ Aulbal \_\_\_\_\_ Double kick \_\_\_\_\_

## Combos

Olympic style: Side step-fast kick \_\_\_\_\_ Switch- round kick \_\_\_\_\_

Hujin/round kick \_\_\_\_\_ Push/round \_\_\_\_\_

Self Defense: Jab/cross/ hook \_\_\_\_\_

## Footwork:

Hujin/step forward step back \_\_\_\_\_ Chungin/step backward step forward \_\_\_\_\_ Chungin/step forward step back \_\_\_\_\_ Hujin/step back Step forward \_\_\_\_\_

Poomsae: Teaguk Sau Jang \_\_\_\_\_

## Punching Defense:

1 \_\_\_\_\_ Grade: \_\_\_\_\_

2 \_\_\_\_\_ Grade: \_\_\_\_\_

## Self Defense:

1 \_\_\_\_\_ Grade: \_\_\_\_\_

2 \_\_\_\_\_ Grade: \_\_\_\_\_

## Blocking:

Cover body (Boxer style) \_\_\_\_\_ Under-under \_\_\_\_\_,

## Stances:

Self-defense \_\_\_\_\_

## Terminology/ Philosophy:

- 1) W.T.F.(World Taekwondo Federation), \_\_\_\_\_  
Chummonnayo (your welcome) \_\_\_\_\_  
Chong (blue) \_\_\_\_\_  
Hong (red) \_\_\_\_\_
- 2) Success principle #3 Put first things first. \_\_\_\_\_
- 3) Name of the sport that is in the art of TKD? (Olympic style TKD)
- 4) Five of the Tenets of TKD : ( perseverance, self control, courtesy, integrity, indomitable spirit.) \_\_\_\_\_

## 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