



GREEN BELT (To Purple Belt) EXAMINATION REQUIREMENTS

BELT CONCEPT: FOCUS

White Tip: Count Kicks & Fitness

A. 6 Count Double Side Kick (no wall)

B. 6 Count Round Kick / Side Kick: (holding wall; kicks must be at least belt level)

1. Round kick fold
2. Round kick extension and re-fold
3. Side kick fold
4. Side kick extension
5. Side kick re-fold
6. Foot down

C. Fitness Test: 25 good pushups and 30 sec. plank

Yellow Tip: Green Belt Combinations

1. Offensive back leg front kick, back leg round kick, back punch.
2. Offensive front leg round kick, front leg side kick, back punch.
3. Offensive back leg round kick, back reverse side kick, back ridgehand.

Blue Tip: Form

"Chosang" form meaning "Ancestor" to the music of "God Bless America"

Red Tip: Sparring

Two Step Rhythm Sparring

1. Stay with the rhythm count
2. Use both sides of your body. Vary your techniques (don't repeat the same moves)
3. Double kicks can be used and count as 2 techniques
4. Defensive blocking and movement required.

Black Tip: Final Test (minimum 30 lessons)

Final testing will cover all curriculum learned thus far. Check your attendance card for a star stamp on the top left corner to see if you qualify for the final test. The following **must** be submitted to Master Rhee **before** the test day.

1. Typed paragraph on the importance of "Focus" and where you can apply it to your life
2. Power Goal
3. TKD binder with all messages of the month since your enrollment, most recent report card, graduation application and test fee.

Upon passing the final test with the Master instructors, the final black tip will be given to you and placed lengthwise along your current belt. Students in high school and below must have a parent place the black tip along the width of the belt (at the tip) for final approval. Students who do not receive the black tip from their parents will not earn their new belt until the black tip is properly placed on the belt.

THE CREDIT BELONGS

Theodore Roosevelt

*The Credit Belongs to those who are
actually in the arena,*

Who strive valiantly;

*Who know the great enthusiasms, the great devotions,
and spend themselves in a worthy cause;*

*Who at the best, know the triumph
of high achievement;*

*And who, at the worst , if they fail,
fail while daring greatly,*

*So that their place shall never be with those cold and
timid souls who know neither victory nor defeat.*