

## **Green Belt**

### ***Techniques***

- Apgoobi Ro Momtong Giroogi - Walking Stance Punch
- Joochoomsae Momtong Giroogi - Horse Stance Punch
- Arae Makgi - Down Block
- Momtong An-Makgi - Inside Middle Block
- Olgool-Makgi - Face Block
- Momtong Bakat-Makgi - Outside Middle Block
- Apchagi - Front Kick
- Bichagi Retract - 45 degree angle kick mid section
- Dwichagi - Back Kick
- Yopchagi – Side Kick
- Dwichagiro BartauxChagi (“Padeauchagi”) - Counter Back Kick
- Naraechagi – double bichagi

### ***Terminology***

- Chareut – Attention
- Kyunge – Bow
- Anjo - Sit Down
- Kamsahumnida - Thank You
- Dobok – Uniform
- Dojang - Training Place
- Shio – Relax
- Joonbi - Ready Position
- Sijack – Begin
- Kaesock – Continue
- Dwiro Dora - Turn Around
- Tae – Kick
- Kwon – Punch
- Do - way we choose to live our lives
- Hana - Yol - Counting to Ten

### ***Sparring***

- Same techniques as Green Stripe with more speed and accuracy
- Understanding of the basic attacking, countering & baiting and faking techniques
- Fighting one 2 minute round

### ***Forms***

- Taeguek - #1

### ***Academic***

- Provide report card showing good academic standing.
- Essay about both of the following subjects (length 2 pages double-spaced with cover page for children, 3 pages single space for adults):
  - Why do we bow?
  - How can I help other members of my Dojang?