

# **Green Belt [Chil Geup]**



## **Requirements**

20 Classes Credit  
Blue/Green/Black & Red Stripes  
JooChoomJiRooGi  
Punching Across Mat.  
Slide step Kick Across Mat  
**Poom-Se. - Tae Geuk 2, 3, 4, 5 Jang**  
**HanBon GyoRooKi - One Step Defense**  
**Student Creed**  
Board Breaking (Yop Cha Gi - Side Kick)

## **Techniques**

**Self-Defense - Hand Grabs(Letter 4 #1 &2)**  
**Falling Tech (Hoi-Jeon)**  
**5/6 Count Kick**  
**Speed Running Kick (Ap ChaGi, Dolyo ChaGi)**  
**Attacking Across Mat**  
**Sparring Drills**  
**Free Sparring**  
**Gum Do Basic**

## **Knowledge/Q&A**

What is the meaning of Green Belt?  
Signifies the spring, starting to grow and beginnings, Sir!

Can you explain what makes power?  
Power is made by weight and speed together with relaxation, concentration, and confidence, Sir!

Why do we Test?  
We test to further our knowledge of Taekwondo through test preparation and test experience, to gain confidence by performing under pressure, and to let a qualified judge determine the increase of my knowledge, Sir!

## **Black Belt Philosophy**

**FOCUS**

# POOMSE TAEGEUK EE JANG

## WTF TAEKWONDO POOMSE #2



5. LEFT MIDDLE PUNCH



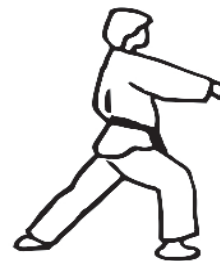
4. RIGHT LOW BLOCK



1. READY STANCE



2. LEFT LOW BLOCK



3. RIGHT MIDDLE PUNCH

### POOMSE TAE GEUK EE JANG

1. Ready stance
2. Turn 90° to the left by moving the left foot into left walking stance, left low block
3. Step forward with the right foot into right front stance, right middle punch.
4. Moving the right foot, turn 180° to the right into right walking stance, right low block.
5. Step forward with the left foot into left front stance, left middle punch.
6. Moving the left foot, turn 90° to the left into left walking stance, right inside middle block.



6. RIGHT INSIDE MIDDLE BLOCK



19A. RIGHT FRONT KICK  
19B. RIGHT MIDDLE PUNCH

17. A. Without moving the left foot, right front kick  
B. Step down into right walking stance, right middle punch.
18. A. Without moving the right foot, left front kick.  
B. Step down into left walking stance, left middle punch.
19. A. Without moving the left foot, right front kick  
B. Step down into right walking stance, right middle punch (kibap).
20. Return to ready stance by moving the left foot



11B. LEFT HIGH PUNCH



11A. LEFT FRONT KICK



10. RIGHT LOW BLOCK



7. LEFT INSIDE MIDDLE BLOCK



18A. LEFT FRONT KICK  
18B. LEFT MIDDLE PUNCH



8. LEFT LOW BLOCK



9A. RIGHT FRONT KICK



9B. RIGHT HIGH PUNCH

7. Step forward with the right foot into right walking stance, left inside middle block.
8. Moving the left foot, turn 90° to the left into left walking stance, left low block.
9. A. Without moving the left foot, right front kick.  
B. Step down into right front stance, right high punch
10. Moving the right foot 180° to the right into right walking stance, right low block.
11. A. Without moving the right foot, left front kick.  
B. Step down into left front stance, left high punch



12. LEFT HIGH BLOCK



17A. RIGHT FRONT KICK  
17B. RIGHT MIDDLE PUNCH

12. Moving the left foot 90° to the left into left walking stance, left high block.
13. Step forward with the right foot into right walking stance, right high block.
14. Moving the left foot 270° to the left into left walking stance, right inside middle block
15. Turn 180° to the right and slide the right foot into right walking stance, left inside middle block.
16. Moving the left foot 90° to the left into left walking stance, left low block.



14. RIGHT INSIDE MIDDLE BLOCK



13. RIGHT HIGH BLOCK



16. LEFT LOW BLOCK



15. LEFT INSIDE MIDDLE BLOCK

# ***Black Belt Philosophy***

## ***ENTHUSIASM***

“Nothing great was ever achieved without enthusiasm. “ - Ralph Waldo Emerson

“A man can succeed at almost anything for which he has unlimited enthusiasm. “ - Charles Schwab

“People are just about as happy as they make up their minds to be. “ - Abraham Lincoln

“The best way to cheer yourself up is to cheer everybody else up. “ - Mark Twain

“Enthusiasm moves the world. “ - J. Balfour

“All we need to make us really happy is something to be enthusiastic about. “ - Charles Kingsley

“Attitude is a little thing that makes a big difference. “ - anonymous

### ***Martial Arts Perspective***

Attending Tae Kwon Do classes is one of the most rewarding experiences you can have. Beyond improving physically and mentally, you'll enjoy being part of a community filled with energy and enthusiasm. Each class, you'll see instructors teaching with passion, genuinely invested in helping you grow. Your classmates will greet you with excitement, ready to train together. Soon, you'll look forward to the powerful sound of kihaps—those loud yells that show intensity and focus.

As a student, you play a role in keeping that energy alive. Always give your best effort and show enthusiasm toward your instructors and classmates. Your positive attitude will make classes more enjoyable for everyone, including yourself. Enthusiasm is the key to staying motivated and continuing to improve.

### ***Life Skill Perspective***

On a daily basis, adopt a habit of being more enthusiastic. Commit to making it a conscious decision rather than a spontaneous reaction. Resolve to take a sincere, friendly, and energetic attitude into everything you do. Work hard to find the positive side of every activity and person. Go into tasks or conversations expecting to enjoy yourself. Put a little more spring in your step, more excitement in your voice, and more laughter in your day. You will soon find that you can make any activity more enjoyable and that others around you appreciate your effort

## ONE STEP PUNCHING TECHNIQUES

1. Step out left leg (front stance), block w/right hand, open palm facing you, chop to neck w/right hand, Left hand grab head, right elbow to Head.



2. Step out left leg (front stance), knife hand block w/right hand, grab wrist w/right hand, round house kick to body w/ right leg, and step back of knee , sweep the leg w/left leg without drop, Right hand Chop to neck.



3. Step out left leg (front stance), knife hand block w/right hand, grab wrist w/right hand, round house kick to body w/ right leg, palm to chin w/left hand, chop to neck w/left hand, sweep the leg w/left leg, back kick to body w/right leg.



4. Step out Right leg (front stance), left hand knife hand block and grab wrist, Side kick to body w/left leg, punch to face w/Right hand, and grab shoulder w/right hand, step cross the leg w/right leg, take down and Punch.

