

Sr. Green Belt [Yuk 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 (DwiChaGi - Back 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 a poor student?

The poor student is lazy, simply expects results without sweat, and blames others, Sir!

What is an Average student?

The Average student not only learns techniques but is able to copy what others are doing and has a strong desire to gain knowledge of expressive ability through helping others.

Accepts hard work and sweat, realizing results come from practice and cooperation, Sir!

What is the Best student?

The best student has confidence, humbleness, and a strong burning desire to never give up trying to learn new knowledge that he or she needs to learn to become the best that he or she can be and also practices what he or she has already learned until it becomes second nature, both in technique and attitude, Sir!

Children's Questions

Q. How do you answer when your teacher calls on you?

A. Yes Ma'am / Yes Sir! It teaches me to be respectful to my teaches and elders.

Q. What is your address and home phone number?

A. (Home phone number) If I got lost, I can ask a police Officer or someone in authority to phone my house! Never ask a stranger to help you!

Black Belt Philosophy

Enthusiasm

POOMSE TAEGEUK SAM JANG

WTF TAEKWONDO POOMSE # 3



3C. RIGHT MIDDLE PUNCH

5B. LEFT MIDDLE PUNCH

5A. LEFT FRONT KICK

4. RIGHT LOW BLOCK

1. Ready stance

2. Turn to the left 90° by moving the left foot into left walking stance, left low block.
3. A. Without moving the left foot, right front kick
B. Step down into right front stance, right middle punch
C. Without moving the feet, left middle punch
4. Moving the right foot, turn 180° to the right into right walking stance, right low block.
5. A. Without moving the right foot, left front kick
B. Step down into left front stance, left middle punch
C. Without moving the feet, right middle punch
6. Moving the left foot, turn 90° to the left into left walking stance, right knife hand strike.

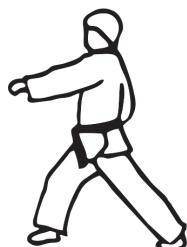


6. RIGHT KNIFE HAND STRIKE



21A. RIGHT FRONT KICK
21B. RIGHT LOW BLOCK
21C. LEFT MIDDLE PUNCH

18. A. Moving the left foot, turn 90° to the left into left walking stance, left low block.
B. Without moving the feet, right middle punch.
19. A. Step forward with the right foot into right walking stance, right low block
B. Without moving the feet, left middle punch.
20. A. Without moving the right foot, left front kick
B. Step down into left walking stance, left low block.
C. Without moving the feet, right middle punch.
21. A. Without moving the left foot, right front kick.
B. Step down into right walking stance, right low block.
C. Without moving the feet, left middle punch. (khipap)
22. Return to ready stance by moving the left foot.



11. LEFT MIDDLE PUNCH



10. RIGHT OUTSIDE KNIFE HAND BLOCK



7. LEFT KNIFE HAND STRIKE



20A. LEFT FRONT KICK
20B. LEFT LOW BLOCK
20C. RIGHT MIDDLE PUNCH



8. LEFT OUTSIDE KNIFE HAND BLOCK



9. RIGHT MIDDLE PUNCH

7. Step forward with the right foot into right walking stance, left knife hand strike.
8. Moving the left foot, turn 90° to the left into right back stance, left outside knife hand block.
9. Without moving the right foot, slide the left foot into left front stance, right middle punch.
10. Moving the right foot, turn 180° to the right into left back stance, right outside knife hand block.
11. Without moving the left foot, slide the right foot into right front stance, left middle punch.
12. Moving the left foot 90° to the left into left walking stance, right inside middle block.

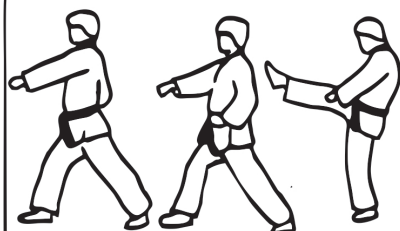


12. RIGHT INSIDE MIDDLE BLOCK



19A. RIGHT LOW BLOCK
19B. LEFT MIDDLE PUNCH

13. Step forward with the right foot into right walking stance, left inside middle block.
14. Moving the left foot 270° to the left into left walking stance, left low block.
15. A. Without moving the left foot, right front kick.
B. Step down into right front stance, right middle punch.
C. Without moving the feet, left middle punch
16. Turn 180° to the right into right walking stance, right low block.
17. A. Without moving the right foot, left front kick
B. Step down into left front stance, left middle punch
C. Without moving the feet, right middle punch.



15C. LEFT MIDDLE PUNCH



15B. RIGHT MIDDLE PUNCH



15A. RIGHT FRONT KICK



14. LEFT LOW BLOCK



13. LEFT INSIDE MIDDLE BLOCK



18. L. LOW BLOCK
R. MIDDLE PUNCH



16. RIGHT LOW BLOCK



17A. LEFT FRONT KICK



17B. LEFT MIDDLE PUNCH



17C. RIGHT MIDDLE PUNCH

Round House Kick Defense

1. Right leg out Horse stance & cross hand block.
Right hand chop to neck and look back Left hand chop



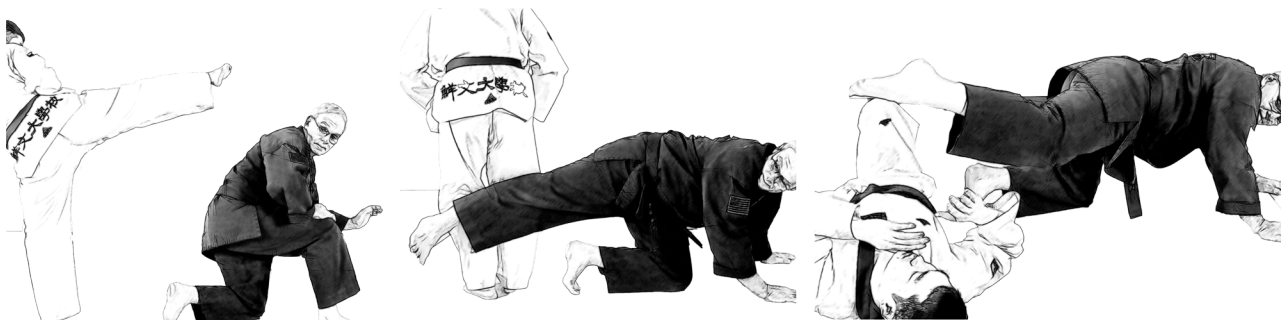
2. Left foot out Left hand down block and catch, (Right hand grab opponents body for safety)
Right leg out feet together and kick in behind knee with left foot, Knee to Groin.



3. Left foot out Left hand down block and catch, (Right hand grab opponents body for safety)
Right leg big step out behind opponent's left knee to take down, drag left leg to put together and out to make horse stance to split opponent's leg. Double punch to low stomach.



4. Left knee down and look back through Right shoulder. Right leg sweep kick (to take down) snap kick to face.



Black Belt Philosophy

GOAL SETTING

“What you get by reaching your destination isn’t nearly as important as what you become by reaching that destination. “ - Zig Ziglar

“Shoot for the moon. Even if you miss it, you will land among the stars. “ - Les Brown

“The person who makes a success of living is the one who sees his goal steadily and aims for it unswervingly. That is dedication. “ - Cecil B. DeMille

“First say to yourself what you would be; and then do what you have to do. “ - Epictetus

Martial Arts Perspective

Tae Kwon Do stands out from other sports and activities because it offers a clear, structured goal system the Black Belt curriculum. This system provides both short- and long-term goals, represented by different colored belts. Early ranks, like yellow belt, can be earned in two to three months with consistent practice. Higher ranks, such as red belt and beyond, require more time and dedication typically three months or more. A committed student can achieve a Black Belt in about three to four years of training. Your instructors are always available to help guide you in setting and reaching your personal Tae Kwon Do goals.

Each class brings new challenges and opportunities for growth. Some sessions focus on curriculum goals, teaching new techniques needed for advancement. Others emphasize technical improvement, refining balance, speed, and power in skills you’ve already learned. By dedicating effort to both, you’ll deepen your understanding and execution of every requirement on the path to Black Belt. Work with your instructors to set clear goals for each belt level and identify areas for improvement before testing.

Life Skill Perspective

The power of goal setting is not limited to belt achievement only. By applying a short and long term perspective to school, work, and family projects, you can motivate yourself and make step-by-step progress towards your goals. Take the time to set goals for the important things you wish to achieve and you will get closer to attaining them.

The following formula will help you to achieve your goals.

1. **Choose a Specific goal.** Be clear on exactly what it is that you are trying to achieve. You may find it helpful to write down your goals using descriptive, precise language. Remember to include a deadline of when you want to be able to say, “Mission accomplished!”
2. **Design a Step-by-Step Plan.** Some goals will require a lengthy amount of time and effort. Design stages or benchmarks that you can use to mark your progress and keep yourself motivated.
3. **Take Consistent Action.** Be disciplined about making the activities necessary for achieving your goal part of your daily routine. Be patient and take pride in even small amounts of progress or improvement.
4. **Evaluate your progress.** You should constantly monitor and measure your results. If you like what you see, keep doing what produced the results. If something isn’t working, change your approach. Study your methods and you will increase your chances of finding the best way to achieve your goal.