

# GREEN TESTING FOR BLUE-TIP



## PHILOSOPHY:

**COURTESY** – Always be thoughtful and considerate of others.

## ETHICS:

- When class is in session there is no talking, if there is a question, raise your hand.
- Do not enter the training area while class is in session without raising your hand first and receiving permission from the instructor.

## TERMINOLOGY:

### **ENGLISH**

FORWARD  
BACKWARD  
ONE STEP FORWARD  
ONE STEP BACKWARD

### **KOREAN**

CHUN-JIN  
WHO-JIN  
IL-BO CHUN-JIN  
IL-BO WHO-JIN

## TESTING REQUIREMENTS:

- ALL PREVIOUS MATERIAL
- BREAKING TECHNIQUE: AXE KICK
- APPROX. 3 MONTHS OF CLASS TIME (AVERAGE 2-3 CLASSES PER WEEK)
- POOMSE (FORMS) – BASIC FORM 1 & 2, TAEGEUK 1, 2, 3

## YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

**STANCES** – CAT STANCE, TWIST STANCE

**PUNCHES** – JAB + REVERSE + HOOK + UPPERCUT, ELBOW STRIKES, PALM HEEL STRIKE

**WALKING DRILLS** – (LONG STANCE): LOW BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK

**MOTION BLOCKS** – DOWN BLOCK, HIGH BLOCK, INSIDE-OUT BLOCK, OUTSIDE-IN BLOCK, DOUBLE PUNCH, KNIFE HAND BLOCK, SINGLE KNIFE HAND IN BACK STANCE, DOUBLE KNIFE HAND IN BACK STANCE, FOREARM BLOCK IN BACK STANCE, OUTSIDE-IN BLOCK IN CAT STANCE.

**KICKS** –FRONT STRETCH KICK, INSIDE-OUT KICK, OUTSIDE-IN KICK, FRONT SNAP KICK, PUSH KICK, ROUND HOUSE KICK, STEP BEHIND SIDE KICK, FAST KICK, DOUBLE KICK, STEP FORWARD SIDE KICK, CUT KICK, FRONT LEG AXE KICK, BACK LEG AXE KICK, BACK LEG DOUBLE, FRONT LEG DOUBLE, BACK KICK

**FOOTWORK** – VARIOUS COMBINATIONS USING CHUNJIN, WHOJIN, ILBO CHUNJIN, ILBO WHOJIN

**SPARRING** – SPARRING EQUIPMENT IS REQUIRED

**SELF DEFENSE** – EXECUTION DRILLS 1 - 5 ON THE RIGHT SIDE



## One-Step Self Defense

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Begin with defender and attacker in ready position, facing each other at arm length distance.

Attacker shifts to fighting position, by step back with the right foot for right side attack.

Defender announces the attack move, Ki-hap.

Attacker does the attack move with Ki-hap.

### 1. Low Punch

Step back with right foot into Front Stance. Do left hand Low Block and right-hand Middle Punch, right foot Front Snap Kick with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

### 2. Middle Punch

Slide left 45° into Horseback Stance. Do left-hand Outside-to-Inside Middle Block, right-hand Middle Punch, and left-hand High Punch with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

### 3. Middle Punch

Step back with left foot into Back Stance. Do a right-hand Outside-to-Inside Middle Block, right foot Side Kick with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

### 4. Middle Punch

Slide right 45° into Horseback Stance. Do left Single Knife-Hand Block (inside-to-Outside), right-hand Middle Punch, and left-hand High Punch with ki-hap, return to the fighting position with ki-hap.

Return to ready position.

### 5. High Punch

Step back with right foot into Front Stance. Do a left-hand High Block, grab the attacker's wrist, and twist in a counter-clockwise circle. Finish with a right-hand High Punch, right foot Roundhouse Kick with ki-hap, return to the fighting position with ki-hap.

Return to ready position.



## Written Test

### Green Belt Testing for Blue-Tip Belt

Name: \_\_\_\_\_

1. How has Taekwondo affected your daily life?

Mentally:

Physically:

Emotionally:

2. What would you like to improve before your next belt testing?

Mentally:

Physically:

Emotionally:

3. Why do we "check" in sparring?

4. Where do you aim when attacking your opponent's body?

**a)** Solar Plexus    **b)** Shoulder    **c)** Hips    **d)** Back

5. What is the definition of the Taekwondo tenet: **COURTESY** (give an example)

6. Draw a line connecting the words on the left to the matching words on the right:

FORWARD  
BACKWARD  
ONE STEP FORWARD  
ONE STEP BACKWARD

IL-BO CHUN-JIN  
CHUN-JIN  
IL-BO WHO-JIN  
WHO-JIN

# CHANG LEE'S TAEKWONDO



**Test Fee \$65**

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Age: \_\_\_\_\_

Present Rank: \_\_\_\_\_ Applied Rank: \_\_\_\_\_

Date of Test: \_\_\_\_\_ Belt Size: \_\_\_\_\_

	A+	A	B	C	D	Comments
<b>Stances and Movements</b>						
<b>Endurance / Conditioning</b>						
<b>Kicking Technique</b>						
<b>Foot Work</b>						
<b>Blocking and Punches Drills</b>						
<b>Motion Blocks</b>						
<b>Forms (Poomse)</b>						
<b>Respect / Focus</b>						
<b>Flexibility</b>						
<b>Sparring Technique</b>						
<b>Board Breaking</b>						