

GREEN-TIP TESTING FOR GREEN



PHILOSOPHY:

RESPECT – Treat others the way you would like to be treated. In order to receive respect, you must first give it to others.

ETHICS:

- Always greet Grandmaster, Master, Instructor, Senior Belt or fellow students by putting your left hand under your right arm, shaking their hand and bowing at the same time.
- All Black Belt, regardless of age, are to be addressed in a formal manner.

TERMINOLOGY:

ENGLISH

BOW TO THE FLAG
BOW TO MASTER
BOW TO GRANDMASTER
BOW TO INSTRUCTOR

KOREAN

KOOKI-YEA DA-HAYO KYUNG-YEA
SA-BUM-NIM GAE KYUNG-YEA
KWAN-JANG-NIM GAE KYUNG-YEA
KYO-SA-NIM GAE KYUNG-YEA

TESTING REQUIREMENTS:

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

YOU MUST BE ABLE TO EXECUTE THE FOLLOWING:

STANCES – ATTENTION, BOW, JOON-BI, RIDING HORSE STANCE, FRONT STANCE, FIGHTING STANCE, WALKING STANCE, BACK STANCE

PUNCHES – DOUBLE THRUST PUNCH, SINGLE PUNCH, DOUBLE PUNCH, TRIPLE PUNCH, LOW-MIDDLE-HIGH PUNCH

KICKS – FRONT STRETCH UP 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.

FOOTWORK – SWITCH STANCE, STEP FORWARD+STEP BACK, STEP RIGHT+STEP LEFT, HOP FORWARD+HOP BACK, 1 STEP FWD+1STEP BACK, 1 STEP FWD+HOP BACK, CHUNJIN, WHOJIN, ILBO CHUNJIN, ILBO WHOJIN, HOP FWD+STEP FWD+HOP BACK.

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.

SPARRING – LIGHT CONTACT SPARRING – SPARRING GEAR REQUIRED



Written Test

Green-Tip Belt Testing for Green 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. What is the translation of Taekwondo?

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

BOW TO THE FLAG
BOW TO MASTER
BOW TO GRANDMASTER
BOW TO INSTRUCTOR

KOOKI-YEA DA-HAYO KYUNG-YEA
KWAN-JANG-NIM GAE KYUNG-YEA
SA-BUM-NIM GAE KYUNG-YEA
KYO-SA-NIM GAE KYUNG-YEA

ONE
TWO
THREE
FOUR
FIVE

SET
DA-SUT
DUL
HA-NA
NET

CHANG LEE'S TAEKWONDO



Test Fee \$55

Name: _____ Date of Birth: _____ Age: _____

Present Rank: _____ Applied Rank: _____

Date of Test: _____ Belt Size: _____

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