



Testing Requirements:

Green Stripe Curriculum/Green Belt Test

Forms:

- Ki bon
- Chun gi
- Tan Gun
- **To San**

Strikes:

- Mid section punch
- High section punch
- High section palm heel strike
- Knife hand strike
- Mid section palm heel strike
- **Mid section knife hand strike**
- **Back fist**

Kicks:

- Front stiff legged stretch
- Front snap kick
- Step behind side thrusting kick
- Roundhouse kick
- Inside crescent kick
- Outside crescent kick
- Step through side thrusting kick
- **Flying front snap kick**

Blocks:

- Low section block
- Inner wrist block
- High section block

- Box block
- **Outer forearm block**

Stances:

- Ready position
- Attention
- Horse Stance
- Fighting Stance
- Front Stance
- Back Stance

Rolls/Falls:

- Forward somersault
- Forward shoulder roll
- Back fall
- Backward shoulder roll
- Side fall
- Front fall

One Step Sparring:

- Inner forearm block/double mid-section punch
- High section forearm block/double mid-section punch
- Step behind side thrusting kick
- Front snap kick without low section wedging block
- Outer forearm block (back stance)/mid-section punch (front stance)
- **Outer forearm block/double punch to knee**

Self Defense Escapes:

- One hand wrist grab
- Two hand wrist grab
- Double wrist grab
- Choke from front
- Choke from rear
- Choke from side
- Double lapel grab
- Hair Grab
- Single lapel grab
- Bear hug
- **Head lock**

Knowledge:

- Bow in/Pledge
- Bow out
- White, Yellow & Green belt color meaning
- 1st, 2nd, 3rd & 4th components of power
- 1st, 2nd, 3rd & 4th tenets of Tae Kwon Do
- Korean terms for:
 - All techniques the student is tested on
 - Training hall
 - Uniform
 - Belt
- Meaning of Bushido
- Origin of martial arts (Wushu)
- **Symbolism of Yin & Yang**