



REQUIREMENTS TO TEST FOR A GREEN BELT

Curriculum

STANCES	HAND	FOOT	SELF DEFENSE	POOMSAE (FORMS)
BACK	BACK FIST	STEPPING ROUNDHOUSE	OUTTER	TAGEUK YI JANG
	ELBOW STRIKE	APAL	DOUBLE OUTER	
		DOUBLE KICK	X BLOCK	

Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p>Q. What does Tae Kwon Do mean? A. Tae - foot or kick, Kwon - hand or punch, Do - art or way, Sir/Mame!</p> <p>Q. Why do we bow in Taekwondo? A. To show respect, Sir/Mame!</p> <p>Q. What does Confidence mean? A. Believe in myself, Sir/Male!</p> <p>3 Types of Concentration</p>	<p>Q. Why do we bow in Taekwondo? A. To show respect, Sir/Mame!</p> <p>Q. Why do you Kiyap (yell) in Taekwondo? A. Develop spiritual strength, concentration, power, and confidence, Sir/Mame!</p> <p>Q. What does the Yellow belt mean? A. A. Signifies the sunrise where the student begins to create a firm foundation in Taekwondo, Sir/Mame!</p> <p>7 Home Rules for Children</p> <p>Terminology: (english - korean) One - Hana Two - Dool Three - Set Four - Net Five - Da Sut Six - Ya Sut Seven - Eel Gup Eight - Ya Dool Nine - Ah Hop Ten - Yool</p>	<p>Q. Why do you Kiyap (yell) in Taekwondo? A. Develop spiritual strength, concentration, power, and confidence, Sir/Mame!</p> <p>Q. Why do we take belt tests? A. Grow our knowledge and gain confidence when performing under pressure, Sir/Mame!</p> <p>Q. What does the Yellow belt mean? A. A. Signifies the sunrise where the student begins to create a firm foundation in Taekwondo, Sir/Mame!</p> <p>Student Oath</p> <p>Terminology: (english - korean) 1st - Ill (ILL) 2nd - Yi (Eee) 3rd - Sam 4th - Sah 5th - Oh 6th - Yuk 7th - Chil 8th - Pal 9th - Koo 10th - Ship</p>