



# REQUIREMENTS TO TEST FOR A SENIOR GREEN BELT

## Curriculum

STANCES	HAND	FOOT	SELF DEFENSE	POOMSAE (FORMS)
TIGER	OPEN HIGH W/ KNIFE HAND	JUMP BACK KICK	DOUBLE FIST	TAGEUK SAM JANG
		HOOK KICK	DOUBLE FIST LOW	
			REVERSE KNIFE	

## Q & A / Terminology

AGES 5 - 8	AGES 9 - 12	AGES 13 AND OLDER
<p><b>Q. Why do you Kiyap (yell) in Taekwondo?</b> A. Develop inner strength, concentration, power, and confidence, Sir/Mame!</p> <p><b>Q. What does Respect mean?</b> A. Care for other's feelings, Sir/Mame!</p> <p><b>3 Types of Concentration</b></p> <p><b>Terminology: (english - korean)</b> One - Hana Two - Dool Three - Set Four - Net Five - Da Sut Six - Ya Sut Seven - Eel Gup Eight - Ya Dool Nine - Ah Hop Ten - You</p>	<p><b>Q. What makes power?</b> A. Power is made by weight, speed, relaxation, concentration, and confidence, Sir/Mame!</p> <p><b>Q. Why is stretching important?</b> A. To warm up our muscles, prevent injury, and increase flexibility, Sir/Mame!</p> <p><b>7 Home Rules for Children</b></p> <p><b>Terminology: (english - korean)</b> Attention - Char Ee Yut Bow - Kyung Nae Ready Stance - Joon Bee Return - Bar Ro Punching Stance - Joo Joom Sugi Joon Bee Kicking Stance - Pa Chugi Joon Bee</p>	<p><b>Q. What is a Good student?</b> A. Student has the desire to learn and to achieve goals, Sir/Mame!</p> <p><b>Q. What is an Outstanding student?</b> A. Student not only learns techniques but accepts hard work and sweat, realizing results come from practice, Sir/Mame!</p> <p><b>Q. What is an Excellent student?</b> A. Student never gives up learning it becomes second nature, both in technique and attitude, Sir/Mame!</p> <p><b>Student Oath</b></p> <p><b>Terminology: (english - korean)</b> Master Instructor - Sa Bum Nim Instructor - Kyo Sum Nim How are you? - Ahn Yong Ha Shim Nee Ka Thank you - Kahm Sam Nee Da</p>