



Green Belt Homework

Green belts interested in testing to Green Senior must know the following, as well as previous items:

Meaning:

Green, Plant: With earth and sun, the seeds of knowledge sprout and take root.

Rank: 7th Gup

Vocabulary:

“Il-Bo-Tay-Dee-Un” - Self Defense (One Step Sparring) / “Ma-hum” - Forty

“Anjo” - Sit / “Moon-yung” - Meditation

“Pah-do” - Stop / “Yu-do-set” - Stand

“Gup” - Rank / “Do-Bok” - Uniform

“Shu” - At ease, relax / “Han-Sohn-nal-mok-gee-ki” - Single Knife Hand Strike

“Sohn-nal-mom-tong-makki” - Knife Hand Middle Block

Student Creed:

I intend to develop myself in a positive manner and avoid anything that will reduce my mental growth or physical health.

I intend to develop self-discipline, in order to bring out the best of myself and others.

I intend to use what I learn in class constructively and defensively; to help myself and my fellow man, and to never be abusive or offensive.

Tenants of Tae Kwon Do:

“Yeh” - Courtesy

“Yum-Che” - Integrity

“In-Neh” - Perseverance

“Ku-Ki” - Self Control

Form:

Taegeuk Il Jang

Self-Defense: All Self Defense that the student has learned in class, minimum is Number 2, starting from a Left guarding stance.

Board-Breaking:

Left Leg Axe-Kick

Strength: 15 Pushups, 30 Squats

Cost: \$95 BELT TESTING DATE: _____ PARENT SIGNATURE: _____