



## **Green Senior Homework**

Green Seniors interested in testing to Blue belt must know the following, as well as previous items:

### **Meaning:**

There are only so many belt colors, and more ranks than colors. To fill the gaps, different schools use different secondary belts. We use a white stripe down the middle of the belt to signify seniority in a color.

**Rank:** 6<sup>th</sup> Gup

### **Vocabulary:**

“Awl-Gool-Makki” - High Block

“Kyorugi” - Sparring

“Tee-Chuggi” - Back kick

“Potta-Chuggi” - Counter Kick

“Ho-goo” - Chest Protector

“Kyong-go” - Warning

“Gam-jeom” - Penalty (-1 Point)

“Son-nal-adae-makki” - Knife Hand Low Block

“Yi-Dan-Yup-Chuggi” - Jumping Side Kick

“Yi-Dan-Up-Chuggi” - Jumping Front Kick

“Shwin” - Fifty

### **Form:**

TAEGEUK E Jang

### **Self-Defense:**

All Self Defense that the student has learned in class, minimum is Number 3, starting from a Right guarding stance.

### **Board-Breaking:**

Jumping Side Kick

### **Strength:**

20 Pushups, 40 Squats

COST \$105

BELT TESTING DATE: \_\_\_\_\_

PARENT SIGNATURE: \_\_\_\_\_