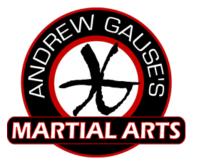
# **Gold Stripe Belt Testing for Green Belt**



### **Questions**

Why is it necessary to practice forms and basic techniques?

Forms and basic techniques build a necessary foundation for achieving coordination, agility, and skill.

How do we concentrate?

We concentrate with our ears, eyes, body and mind.

# **Terminology**

**English** Korean

Rest Sheor Sparring Kyroogi

Your Welcome Chum Ma Nayo

Hello, how are you? Ahn Young Ha Shim Nee Kah

# **Hand Techniques**

- 1) Spear Finger
- 2) Elbow Strike

## **Kicking**

- 1) Round Kick, Spinning Round Kick
- 2) Stepping In to Out Ax Kick, Back Kick
- 3) Defensive Jumping Round Kick (Paday Chagee)\*\*

#### **Form**

Taeguk Ee Jang

## **Breaking**

2 Targets - Palm Strike & Skip Side Kick

#### **Physical Fitness**

Push-Ups (Male – 10, Female – 8)
Sit-Ups 30 (Male & Female)
Show Proper Technique (Hurdler & Butterfly Stretch)

## **Experience**

Minimum 16 Classes

<sup>\*\*</sup> Jumping Kicks are optional for students 30 years old and older (another kick will be substituted)