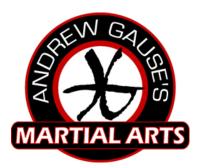
# **Green Belt Testing for Green Stripe**



### **Questions**

What is your goal in Taekwondo?

(Answer in your own words).

## **Terminology**

**English** Korean

Horse Stance

Elbow Strike

Neck Chop

Switch Feet

Mohk Chee Gee

Ball Ba Kwa Soh

Board Breaking Kyuk Pah

Double Punch Dew Bohn Jeer Uh Gee

### **Hand Techniques**

- 1) Horse Stance Elbow Strike
- 2) Horse Stance Neck Chop

### **Kicking**

- 1) Hook Kick, Round Kick
- 2) Walking Back Kick, Snapping Ax Kick
- 3) Jumping Back Kick\*\*

#### **Form**

Taeguk Sam Jang

### **Board Breaking**

1 Target - Elbow Strike or Ax Kick

### **Physical Fitness**

Continuous Round Kicks (Bouncing Style) 30 Each Leg (60 Total)

### **Experience:**

Minimum 24 Classes

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