



Green Belt Adult's Requirements:

*New Techniques from Adv. Orange Belt
Also Responsible for all Material Previous Learnt*

Hand Techniques:

Blocks:

Choke Block

Swallow Tail Block

Strikes:

Back Fist to the Nose

Kicks:

Hook Kick

Kicking Combinations:

Round House Spin Round House in Air

Forms:

Tae Guk Yi Jang – Tae Guk #2

Other Skills:

Contact Sparring

Moving Basics

Self Defense:

A11-A15

Break:

Front Kick

Korean Language and Related Trivia:

- ❑ What is Indomitable Spirit?
- ❑ What are the black belt principles?
- ❑ Why do we stretch/warm up
- ❑ Why do we use more kicks than punches in TKD?