



# Green Belt Adult's Requirements:

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*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?