

Montgomery TaeKwonDo Academy

GREEN BELT Stripe Requirements

1st Stripe:

1. Nine movements of Won-Hyo, without assistance
2. Demonstrate a Fixed Stance
3. Recite the name of the Form
4. Good Attendance
5. Consistent Effort

2nd Stripe:

1. 18 movements of Won-Hyo, without assistance
2. Demonstrate an Spin Crescent Kick (on target)
3. Good Attendance
4. Consistent Effort

3rd Stripe:

1. Demonstrate all 27 movements of Won-Hyo, without assistance
2. Explain meaning of Green Belt
3. All required knowledge of Won-Hyo
4. Good Attendance
5. Consistent Effort

4th Stripe:

1. Offensive Combination #1
2. Defensive Combination #2
3. Controlled Free Sparring
4. Good Attendance
5. Consistent Effort

5th Stripe:

1. Offensive Combination #2
2. Defensive Combination #2
3. Controlled Free Sparring
4. Good Attendance
5. Consistent Effort

To Earn a Senior Green Belt:

Students must be able to perform all skills listed above upon request.

Minimum of 32 classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.

All Techniques must demonstrate control and target area.

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GREEN BELT Study Guide

Green Belt:

Form: Won-Hyo

Meaning of Won-Hyo: Won-Hyo was known as the monk that introduced Buddhism to Korea in the year 686 AD.

Number of Combinations: 27

Green Belt represents the leaves on the plant as it begins to grow, just as a student's skills begin to grow.

GREEN BELT FREE SPARRING RULES:

1. All kicks and punches must remain above the belt.
2. Hands must be kept up at all times.
3. Light Contact is acceptable.
4. No Kicks or Punches to back, face, legs, or with the intent to hurt.
5. You may only use techniques taught to you in the TKD school by a NJMAA Certified Instructor.
6. You may not catch or grab techniques thrown by your opponent.
7. No tripping, grappling, hair pulling, eye poking, or choking.
8. If the instructor on the floor feels that a student is sparring in an unsafe manner, he/she reserves the right to remove that student from the environment.