

# Montgomery TaeKwonDo Academy

## SENIOR GREEN BELT Stripe Requirements

### *1st Stripe:*

1. Fourteen movements of Yul-Guk, without assistance
2. Recite the name of the Form
3. Explain the point value for tournament sparring
4. Good Attendance
5. Consistent Effort

### *2nd Stripe:*

1. 25 movements of Yul-Guk, without assistance
2. All required knowledge of Yul-Guk
3. Demonstrate a #1 Hook Kick
4. Good Attendance
5. Consistent Effort

### *3rd Stripe:*

1. All 36 movements of Yul-Guk, without assistance
2. Demonstrate a Jump Spin Side Kick
3. Good Attendance
4. Consistent Effort

### *4th Stripe:*

1. Offensive Combination #3
2. Evade and Counter #1 and #2
3. Explain the difference between a Hook Kick and a Crescent Kick
4. Good Attendance
5. Consistent Effort

### *5th Stripe:*

1. Offensive Combination #4
2. Evade and Counter #3 and #4
3. Good Attendance
4. Consistent Effort

### **To Earn a BLUE BELT:**

Students must be able to perform all skills listed above upon request.  
Minimum of 10 weeks and 25 days of training.  
Juniors must submit their Academic Report or report card.

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## SENIOR GREEN BELT Study Guide

**Senior Green Belt Form:** Yul-Guk

**Meaning of Yul-Guk:** Yul-Guk was the pseudonym (pen name) of the philosopher and scholar Yi-I (1536–1584 AD), who is known as the Confucius of Korea.

**Number of Movements:** 36

**In Tournament Sparring,** students receive one point for kicks and punches to the body, two points for kicks to the headgear and jump kicks to the body. Three points are awarded for jump kicks to the headgear. No contact is needed for points to be called. Students are encouraged to come close to target areas.

**When executing a Hook Kick** students strike with the heel, unlike the Crescent Kick where students strike with the blade of the foot.

**The Crescent Kick** is a straight leg kick, whereas the Hook Kick begins and ends with a bent knee.