

LOW GREEN BELT TESTING REQUIREMENTS

*A NOTE TO HIGH YELLOW BELTS: The United States Taekwon-Do Federation (USTF) (www.ustf-itf.com) is our national governing body, and requires all students to join the Federation "prior" to testing for 6th Gup / Green Belt. USTF membership allows students to participate in USTF sponsored event (tournaments, instructor / referee / ho-sin-sul courses, etc.). The Membership Fee is \$75 per year for which you will receive the USTF Membership Card and a USTF patch for your dobok (uniform). For Ken-Caryl students, the USTF membership fee is included with your test fee to Green Belt.

Pattern: Do-San

Kicks:

- High kick (lead leg, rear leg, stepping)
- Side pushing kick (lead leg, rear leg, stepping)
- Side thrusting kick (lead leg, rear leg, stepping)
- Skip side piercing kick
- Skip turning kick
- Skip side turning kick
- Skip side front snap kick
- Flying front snap kick

Hand Techniques:

- Side block with the outer forearm
- Thrust with the straight fingertip
- Side strike with the back fist
- Wedging block with the outer forearms

New Stances: none

Step Sparring: Advanced 3-step sparring

**Print out the Step Sparring Worksheet at end of this document. You must be able to perform 3 routines, and preferably all 5. Take it upon yourself to memorize the routine(s) and be able to perform them just like a pattern.*

Ho Sin Sul (self defense):

Demonstrate the following breakfalls:

- Fall to the front (not somersault)
- Fall to the back
- Fall to the right side
- Fall to the left side
- Somersault to the right side
- Somersault to the left side

Tournament Competition: A minimum of one USTF tournament is required.

Breaking:

Men - 1 board with front snap kick

Women/Juniors - 1 board with side piercing kick

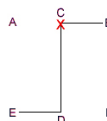
Required Knowledge:

1. Do-San pattern information:

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876 – 1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.

Diagram: Right Stair Step

Number of moves: 24



2. The meaning of green belt:

Green signifies the plant's growth as the Taekwon-do skill begins to develop.

3. The nine reasons for practicing courtesy:

1. To promote the spirit of mutual concessions
2. To be ashamed of one's vices, contempting those of others
3. To be polite to one another
4. To encourage the sense of justice and humanity
5. To distinguish instructor from student, senior from junior, and elder from younger
6. To behave according to etiquette
7. To respect others' possessions
8. To handle matters with fairness and sincerity
9. To refrain from giving or accepting any gift when in doubt

4. Opening and Closing Ceremonies for a Taekwon-Do Class:

Opening Ceremony

charyot	-attention stance
kuk-ki-yea-tae-hae	-face the flags
kyong-ye (kun-yut)	-salute
baro	-return to attention stance
anj-oh	-kneel
moon-yum	-meditate
baro-	-return to attention stance
charyot	-attention stance
sa-bum nim gae	-face the instructor
kyong-ye (kun-yut)	-bow

Closing Ceremony

charyot	-attention stance
kuk-ki-yea-tae-hae	-face the flags
kyong-ye (kun-yut)	-salute
baro	-return to attention stance
anj-oh	-kneel
moon-yum	-meditate
baro-	-return to attention stance
charyot	-attention stance
sa-bum nim gae	-face the instructor
kyong-ye (kun-yut)	-bow
boo sa-bum nim gae	-face the assistant instructor
kyong-ye (kun-yut)	-bow
ee-sang	-dismissed
ko-map sum-nee-da	-thank you very much

5. Characteristics of a Sitting Stance (Annun Sogi):

length: 0 shoulder widths

width: 1.5 shoulder widths

measured from: front foot – inside of the big toe

rear foot – inside of the big toe

weight distribution: 50% (front foot) / 50% (rear foot)

available facings: full or side

additional notes: Both feet point to the front and are parallel with each other. Both knees are bent evenly so that the kneecaps are over the balls of the feet. The chest and abdomen are pushed out and the hips are pulled back.

ADVANCED THREE STEP SPARRING (to test to Low Green)

3 Counter Attacks (Hand, Foot, Hand or Foot, Hand, Foot)

1. A (Attacker) and D (Defender) come to Attention and bow to each other
2. D tells A which attacks and stances to perform
3. A measures
4. As dictated by D, A will either:
 - a. step back w/ right foot into a left Walking Stance, executing a left (obverse) Low Block w/ Outer Forearm, or
 - b. step back with right foot into right L-Stance, executing left (reverse) Low Block w/ Outer Forearm
5. D simultaneously steps with left foot into Parallel Ready Stance
6. A kihaps to signal readiness to attack
7. D kihaps to signal readiness to defend and to tell A to begin
8. Always begin with the RIGHT foot. A steps forward w/ right foot, D steps backward w/ right foot.
9. If last Counter Attack is a foot technique, D will step down into L-Stance with middle Guarding Block after the kick.
10. At end of routine, A and D return to Parallel Ready Stance with their right foot
11. A and D switch roles. The new D and new A repeat the sequence of steps.

***Memorize stepping rules in yellow book on page 54**

General Rules:

1. Select *counter* attacks & blocks required for your next testing (*attacks* should be kept basic).
2. Use correct terms when telling Attacker what to do.
3. Use few words.
4. No contact on attacks/counterattacks (but as close as possible). Light contact on blocks.
5. Demonstrate speed, power, control.
6. Demonstrate blocks/attacks to proper target and with proper tool.
7. Don't rush step sparring. This causes sloppiness.
8. Use proper measuring and good stances so as not to hurt your partner or throw off distancing.
9. Dodging should be used 1 or 2 times per your 5 total routines.
10. All Step Sparring should be done with a high degree of formality and courtesy.

Routine #1

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times)	middle obverse Punch (right, left then right) <i>(to begin, step forward into Right Walking Stance)</i>
Type of Block that Defender will use (3 times)	middle obverse Side Block with Outer Forearm (left, right then DODGE backward to avoid 3 rd attack) <i>(to begin, step back into left Walking Stance. After the dodge, land into a right L-Stance)</i>
First Counter Attack:	middle Skip Side Piercing Kick (left) <i>(from right L-Stance and landing into right L-Stance after the kick)</i>
Second Counter Attack:	middle Outward Strike w/ left Knife-hand <i>(maintaining right L-Stance)</i>
Third Counter Attack:	lead leg High Kick (left) <u>with kihap</u> <i>(set down into right L-Stance with Forearm Guarding Block)</i>

Routine #2

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times)	middle obverse Punch (right, left then right) <i>(to begin, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times)	middle Guarding Block w/ Knife-hand (left, right, then left) <i>(to begin, step back w/ right foot into right L-Stance)</i>
First Counter Attack:	middle lead leg Side Thrusting Kick (left) <i>(maintaining right L-Stance)</i>
Second Counter Attack:	high reverse Punch (right), <u>with kihap</u> <i>(pivoting into left Walking Stance)</i>
Third Counter Attack:	step to the left with left foot then rear leg (right), high section Turning Kick, <u>with kihap</u> <i>(set down into left L-Stance with Forearm Guarding Block)</i>

Routine #3

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times)	high obverse Punch (right, left then right) <i>(to begin, step forward into right Walking Stance)</i>
Type of Block that Defender will use (3 times)	high Wedging Block <i>(to begin, step back w/ right foot into left Walking Stance)</i>
First Counter Attack:	Side Strike with Backfist (left) <i>(maintaining left Walking)</i>
Second Counter Attack:	lead leg Side Pushing Kick (left) - <i>really push opponent backward (carefully!)</i>
Third Counter Attack:	Straight Fingertip Thrust (right or left), <u>with kihap</u> <i>(If opponent is far away - step forward into right Walking Stance and do a right fingertip thrust. If opponent is close, do a left fingertip thrust from left Walking Stance)</i>

Routine #4

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into left Walking Stance
Type of Attack that Attacker will use (3 times)	low Front Snap Kick (right, left then right) <i>(after 1st kick, step forward into right Walking Stance)</i> <i>*after each kick, land into a GOOD Walking Stance before going to the next kick!</i>
Type of Block that Defender will use (3 times)	Low Block w/ Outer Forearm (left, right, then DODGE backward on 3 rd kick) <i>(*dodge quite far, landing in left Walking Stance)</i>
First Counter Attack:	Flying Front Kick (step right, jump left, kick right)
Second Counter Attack:	step down from Flying Front Kick into obverse Punch (right) in right Walking Stance
Third Counter Attack:	step right foot backward next to left foot, then left Back Kick, <u>with kihap</u> <i>(set down into right L-Stance with Forearm Guarding Block)</i>

Routine #5

Stance that Attacker will step into from Parallel Ready Stance to begin routine:	step back with right foot into right L-Stance, Low Block with Outer Forearm
Type of Attack that Attacker will use (3 times)	middle reverse Punch (right, left, right) <i>(to begin, step forward with right foot into left L-Stance)</i>
Type of Block that Defender will use (3 times)	Twin Block with Outer Forearms (left, right, DODGE backward, retaining left L-Stance) <i>(to begin, step back w/ right foot into right L-Stance)</i>
First Counter Attack:	lead leg Skip Side Turning Kick (right) <i>(set right foot down at 45° angle into Sitting Stance)</i>
Second Counter Attack:	right low Punch (to lower abdomen)
Third Counter Attack:	left low Front Snap Kick with Instep (to groin), <u>with kihap</u> <i>(set foot down into L-Stance with Forearm Guarding Block)</i>