

TECHNICAL INFORMATION

Green Belt Testing Requirements

A. Basics & Kicks = 1st stripe

1. Twin outer forearm block - Ridgehand strike
Reverse Horizontal Spearhand
2. Reverse crescent kick - Step reverse crescent kick
Spin crescent kick - Step spin crescent kick
Jump side kicks # 1-2-3-4

B. Form & Free sparring = 2nd stripe

1. Songahm 5 = 34 moves
2. Free sparring (Must use own kicking techniques in sparring)
3. Martial art attitude

C. One-step sparring = 3rd stripe

1. One-step sparring #1-2-3
2. Self-defense techniques

Form: SONGAHM OH-JAHNG (#5)

		STANCE		SECTION				
1.	B	Twin Outer Forearm Block	F	H	18. B	Twin Outer Forearm Block	F	H
2.	L	#2 Front Kick	--	M/H	19. R	#2 Front Kick	--	M/H
3.	R	Reverse Ridgehand Strike	F	H	20. L	Reverse Ridgehand Strike	F	H
4.	L	#1 Round Kick	--	M/H	21. R	#1 Round Kick	--	M/H
5.	L	Double Knifehand Block	B	H	22. R	Double Knifehand Block	B	H
6.	R	Outer Forearm Block	F	H	23. L	Knifehand High Block	F	H
7.	R	Low Block	F	L	24. L	Knifehand Low Block	F	L
8.	R	Punch	M	H	25. R	Rev. Horiz. Spearhand - Ki-hap	F	M
9.	R	Inner Forearm Block	M	H	26. L	Double Knifehand Block	M	H
10.	R	#3 Side Kick - Ki-hap	--	M/H	27. L	#3 Side Kick	--	M/H
11.	B	Twin Low Block	M	L	28. B	Twin Low Block	M	L
12.	B	Twin Inner Forearm Block	M	H	29. B	Twin Inner Forearm Block	M	H
13.	L	Double Outer Forearm Block	S	H	30. R	Double Outer Forearm Block	S	H
14.	L	#1 Front Kick	--	M/H	31. R	#1 Front Kick	--	M/H
15.	R	Reverse Punch	S	H	32. L	Reverse Punch	S	H
16.	L	Step Reverse Side Kick	--	M/H	33. R	Step Reverse Side Kick	--	M/H
17.	L	Double Outer Forearm Block	S	H	34. R	Double Outer Forearm Block	S	H

One-step Sparring

(A) Attacker (D) Defender

1. (A) Step back with right foot into sparring stance, *Advanced arm base*, Step forward to right sparring stance, Right *punch* (H).
(D) Left foot steps back, #1 Repeat *side kick*, Left *reverse crescent kick* (to knock the guard away), Left *back fist* (H), Right *reverse punch* (M). Left #1 *round kick* (M or H).*
2. (A) Step back with right foot into sparring stance, *Advanced arm base*, Step forward to right sparring stance, Right *punch* (H).
(D) Left foot steps to left, *Evade punch*, Right *horizontal spear hand*, Right foot adjusts distance, Left repeat *round kick*, Right *spin crescent kick*, Left #1 or #3 *side kick*.*
3. (A) Step back with right foot into sparring stance, *Advanced arm base*, #3 Left *jump side kick*.
(D) Move right foot to right, *Evade kick*, Right *reverse punch* (M), Left *punch* (H), Right *ridge hand strike* (H), Left *ridge hand strike* (M), Left *knife hand strike* (H), Left foot steps to right, Right #1 *Jump side kick*.*

*Finish each with a double step back in advanced arm base (keep your hands up)

Self-defense Techniques

1. (A) One hand *choke*.
(D) Hair *grab*, Knee *strike*,
Radial strike.
2. (A) Two hand shoulder *grab*.
(D) Step over *arm bar*,
Elbow strike, *Side kick* to knee.

"A Martial Art that Trains People Physically and Mentally"

COLOR BELT PHILOSOPHY

The philosophical interpretation of the Green Belt is:

"The pine tree is beginning to develop and grow in strength." *The student's technique is developing power. The components of the basic techniques are beginning to work in unison.*

FORM - Individual action

Balance is an important part of your training, so please pay attention to detail elements.

Solid sole - keep your heel down on the floor, **body position** - keep your body as upright as possible while kicking. Remember, reaching high is secondary. The most important quality of kicking is proper technique and balance. **Hand position** - keep your hands in guard position while kick is being performed, **eye contact** - keep your eyes on target before, during, and after execution of each technique.

Segments break down: 5 - 4 - 3 - 5 - 5 - 4 - 3 - 5

Songahm Oh Jahng (5) has 34 movements and its Ki-haps are on the 10th movement (right side kick) and the 25th movement (right reverse spearhand thrust).

ONE-STEP SPARRING - Transition utility

#1 evade backward - no block, #2 evade to left - 45 degree angle toward your opponent, #3 evade to right.

FREE SPARRING - Relative action

Free sparring for testing should be done to exhibit proper technique for the green belt level in combination form.

Sparring stance - Set up of your feet which should be a little wider than shoulder width between front to back. The back foot's heel should be in line with the front foot's toe. For your mobility, put your weight on the balls of your feet.

From SENIOR MASTER BILL CLARK Senior Vice-President, 7th degree black belt

"Congratulations on your new green belt. This is the perfect time to think about future goals in Taekwondo. If you haven't taken the time to set your goal for 1st degree black, now is the time to do so. Taekwondo becomes more and more enjoyable from here on out. You have many things to look forward to, such as controlled free sparring, board breaking, and even competing in some tournaments to test your skill against others of your same rank, if you choose to. Whatever you do make sure you learn from every experience and have fun in all your training. Listen to your instructor for guidance and you will not fail. Please take time to speak to me at any National tournament you happen to be competing in."

I wish you success in Taekwondo,
Senior Master Bill Clark