

## Green Belt Stripe Requirements

Green Belt is the first belt in the taekwondo system that is considered intermediate, so you are not beginners anymore. Everything is graded harder at testing and by now you are expected to behave like a taekwondo student, inside and outside of class. You are also expected to be a part of the leadership at Taekwondo America and leadership is best served by example. New students in the program will look up to you whether you like it or not, making good effort and behavior is a priority at this level. We do not ask this of you anymore, we demand it. Many students have lost their rank due to bad behavior at this belt, so be careful.

Remember, we want you to succeed. I'm sure that if you have come this far along then black belt is your goal. To be a good black belt, great free sparring is a must. Free sparring is introduced at green belt for the first time. When you spar, you choose the moves that you do, unlike orange belt where we have pre-set combinations. Make sure when you are sparring that you don't forget the basics that you have learned in the past.

When you are free sparring, you'll need to focus on these basic concepts. You must have good blocking skills to be a good fighter of any kind. Keeping your hands up in a good blocking position is critical. Using both hands for blocking is another way to help your defense, because it is impossible to block every attack with one hand. Something else that will help your defense is movement. If you are standing still when you are sparring you will be an easy target.

Another major concept to keep in mind when sparring is variety of attack. You should not do the same moves every time you spar. This is one way to insure that your sparring will improve. It is impossible for you to get better at moves that you never throw. Make sure that you throw them with both your right and left sides as well. Many people have a harder time blocking with their weaker side. With this said, there is no better way to increase your chances of scoring than by using combinations.

Now that you know what to concentrate on, come to class as much as possible, because sparring is the one thing that you will not improve on at home. Practice your kicks, combinations and form at home, then bring them to class to try them out. Testing at green belt will be two parts, form and sparring. Your form will be graded a lot closer than orange belt, with good stances and more power as the focus. The above mentioned concepts will be graded at testing for your sparring, with the focus on defense and good blocking. See you in class!

### Stripes

- 1.) New Ready Stance (Ready Stance B)
- 2.) New Moves
  - 👤 Reverse knife-hand strike
  - 👤 Double fist block
  - 👤 Front leg side kick
- 3.) New Moves
  - 👤 Stepping double knifehand block in a back stance
  - 👤 Reverse inner-forearm block in a front stance
  - 👤 Reverse leg side side kick
- 4.) Demonstrate the Green Belt Form
  - 👤 Cite the name and number of moves in this form
  - 👤 Demonstrate entire form
- 5.) Demonstrate 2 minutes of testing quality free sparring

**Testing for Sr. Green Belt is \$45.00**