

NAME: _____

GREEN Belt Curriculum

You Must Know & Understand

Your Form: Taekguk4 (SAH JANG)

Half Part

Your Kick: Front Kick, low high Round Kick, Side Kick

Your Breaking: Side Kick

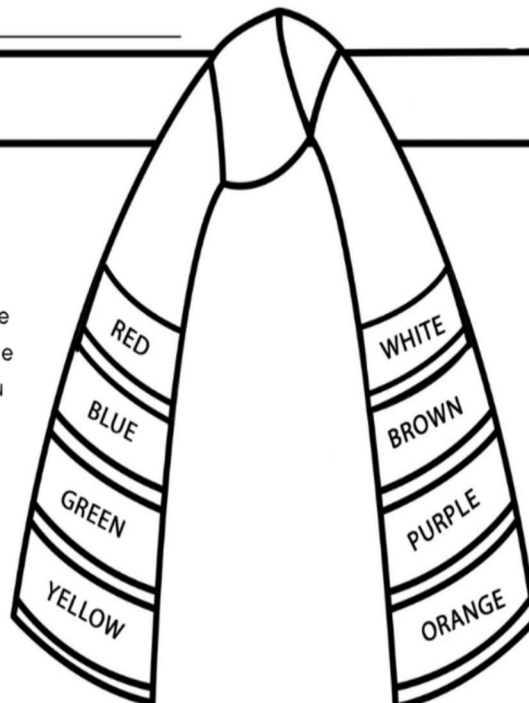
Sparring: Dashcut, Roundkick, Dashcut, Roundkick

EAGLE TAEKWONDO

Name: _____

Color your belt color.
Color in your stripes when
the instructor says you have
earned it during class. Once
all stripes are colored, you
may schedule for testing.

What color is your belt now?



STRIPES CHECKLIST

- RED- FORMS
- BLUE- SPARRING
- GREEN - BREAKING
- YELLOW - KICKING
- WHITE - CHALLENGE
- BROWN- KNOWLEDGE
- PURPLE- PERFORMANCE
- ORANGE - FITNESS



QUESTIONS

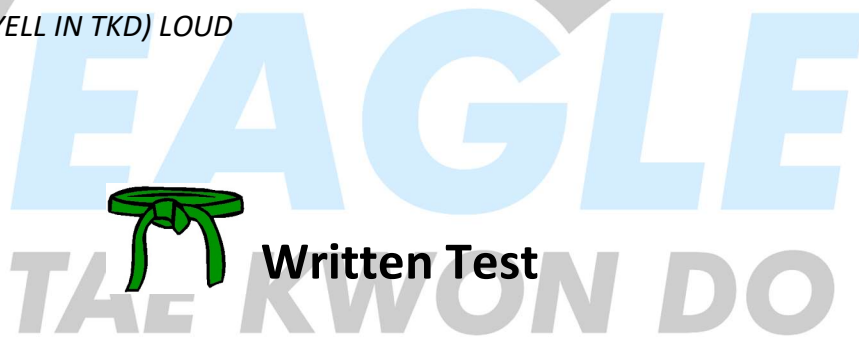
INDOMITABLE SPIRIT (respond with any of following)

- **To never, ever allow yourself to be defeated when things go against you ma'am/sir!**
- **It means to have the will to overcome failure ma'am/sir!**

Examples of Indomitable spirit include: Positive thinking about how you CAN succeed, and even when you have failed at something you continue to try and try again until you get it.

Examples of how you show that you are confident.

- **STAND TALL**
- **MAKE EYE CONTACT**
- **DON'T FIDGET**
- **SPEAK LOUDLY AND CLEARLY**
- **KI-HOP (YELL IN TKD) LOUD**



Green Belt Testing Green High Belt

Explain how you show that you are Confident?

Explain why we Ki-hop (yell) in Taekwondo?