

NAME: _____

H - GREEN Belt Curriculum

You Must Know & Understand

Your Form: Taekguk4 (SAH JANG)

Full Part

Your Kick: Switch Turning Round Kick, One step Down Kick

Your Breaking: Turning Round Kick

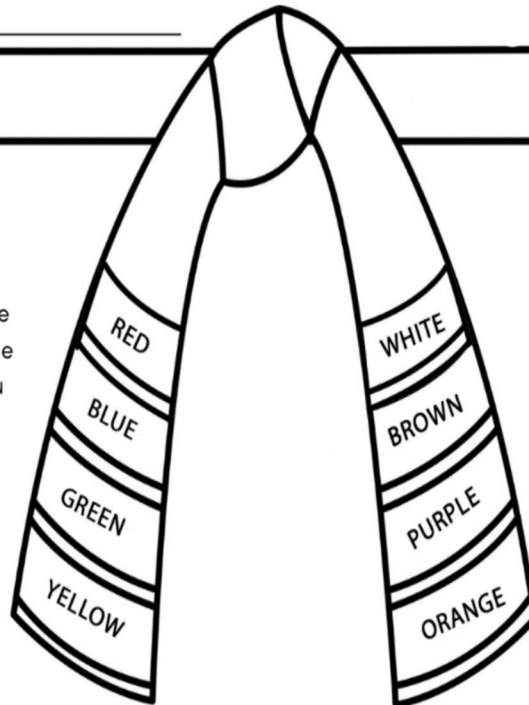
Sparring: Roundkick, Roundkick, Stepback turning Roundkick

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

Korean Terminology

Hand techniques

Low Block	AHRE MAKI	Middle Punch	MOMTONG JIREUGI
High Block	EOLGUL MAKI	High Punch	EOLGUL JIREUGI

*Refer to White Belt-Green Belt



Draw a line connecting the words on the left to the matching words on the right:

AHRE MAKI	MIDDLE PUNCH
EOLGUL MAKI	LOW BLOCK
MOMTONG JIREUGI	HIGH PUNCH
EOLGUL JIREUGI	HIGH BLOCK