

# Green Belt (7<sup>th</sup> Grade)

## Techniques

1. All lower belt techniques
2. Straight Finger Tip Thrust
3. Walking Stance Double Stance
4. Fast Motion
5. Half Stepping
6. Wedging Block
7. Downward Palm Block
8. Front Foot Front Turning Kick
9. Rear Leg Side Kick
10. Front Foot Ax Kick

## Three Step Sparring

Review all lower belt combinations

8. Wedging block against a choke with a front kick defense (forward = W; backward = W)
9. Downward palm blocks against side kicks with punch defense (forward = W; backward = L)

## One Step Self Defense

Review all lower belt combinations

9. Jump right forward into sitting stance with right palm block; right high-section back fist; mid-section 1-2 punch.
10. Stationary right foot crescent block; jump right forward into sitting stance; left knife-hand block and right high-section punch combination.
11. Stationary left foot reverse crescent block; right high-section front turning kick.

## Sparring Combinations

Review all lower belt combinations

9. Back Fist - Front Leg Side Kick - Reverse Punch
10. Back Fist - Front Foot Front Kick - Reverse Punch
11. Back Fist - Reverse Punch - Ax Kick
12. Reverse Punch - Rear Leg Front Kick - Same Leg Step Behind Side Kick

## Pattern

1. All lower belt patterns
2. Do-San

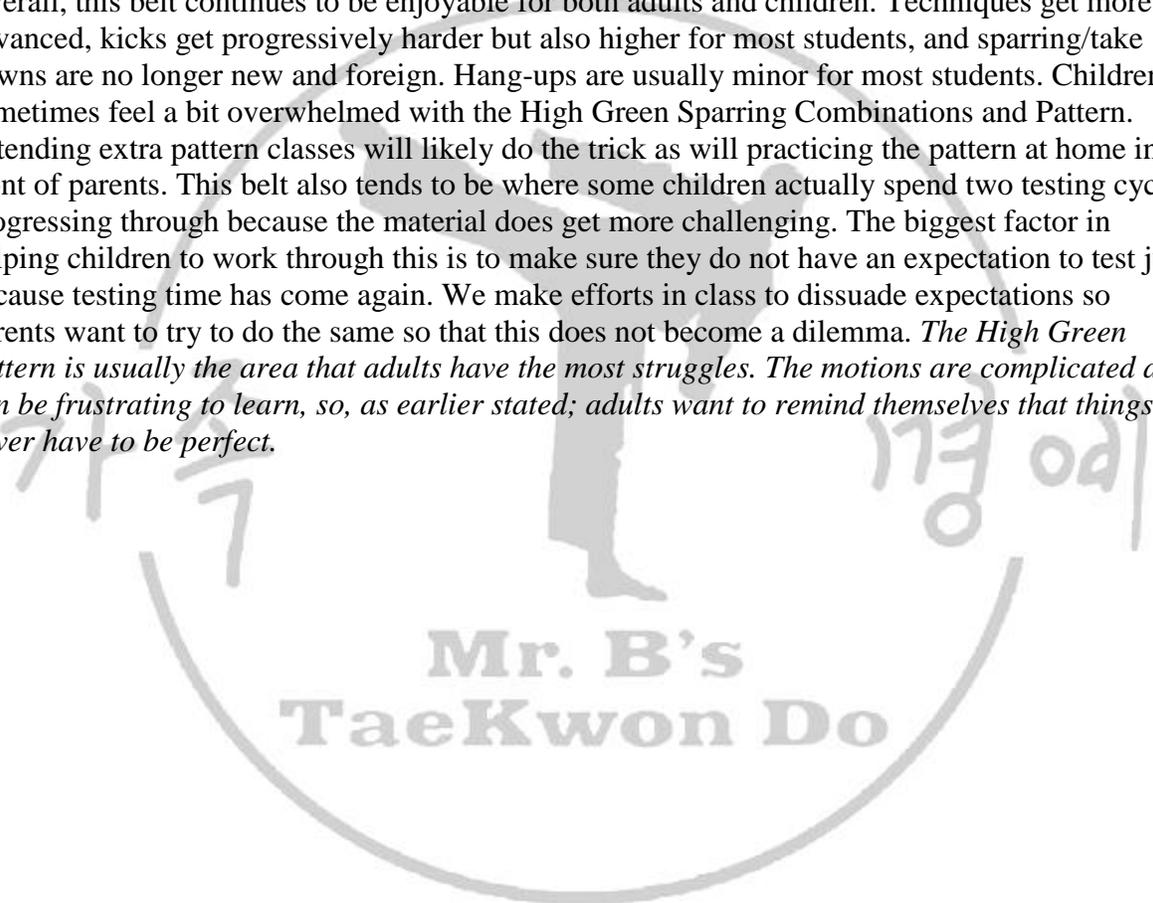
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## Vocabulary

1. 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 the independence movement.
2. Green Belt signifies the plants growth as the Taekwon-Do student starts to develop.
3. Read and understand the written definition of Taekwon-Do.

## What to expect from this belt:

Overall, this belt continues to be enjoyable for both adults and children. Techniques get more advanced, kicks get progressively harder but also higher for most students, and sparring/take downs are no longer new and foreign. Hang-ups are usually minor for most students. Children sometimes feel a bit overwhelmed with the High Green Sparring Combinations and Pattern. Attending extra pattern classes will likely do the trick as will practicing the pattern at home in front of parents. This belt also tends to be where some children actually spend two testing cycles progressing through because the material does get more challenging. The biggest factor in helping children to work through this is to make sure they do not have an expectation to test just because testing time has come again. We make efforts in class to dissuade expectations so parents want to try to do the same so that this does not become a dilemma. *The High Green pattern is usually the area that adults have the most struggles. The motions are complicated and can be frustrating to learn, so, as earlier stated; adults want to remind themselves that things never have to be perfect.*



Mr. B's  
TaeKwon Do

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## Definition of Taekwon-Do “A way of life”

To put it simply Taekwon-Do is a version of unarmed combat designed for the purpose of self-defense. It is more than just that, however. It is the scientific use of the body in the method of self-defense; a body that has gained the ultimate use of its facilities through intensive physical and mental training.

It is a martial art that has no equal in either power or technique. Though it is a martial art, its discipline, technique and mental training are the mortar for building a strong sense of justice, fortitude, humility and resolve. It is this mental conditioning that separates the true practitioner from the sensationalist, content with mastering only the fighting aspects of the art.

This is one of the reasons that Taekwon-Do is called an art of self-defense. It also implies a way of thinking and life, particularly in instilling a concept and spirit of strict self-imposed discipline and an ideal of noble moral rearmament. The nearest description of it is almost a cult.

Translated literally "**Tae**" stands for jumping or flying, to kick or smash with the foot. "**Kwon**" denotes the fist-chiefly to punch or destroy with the hand or fist. "**Do**" means an art or way - the right way built and paved by the saints and sages in the past.

Thus taken collectively "**Taekwon-Do**" indicates the mental training and the techniques of unarmed combat for self-defense as well as health, involving the skilled application of punches, kicks, blocks and dodges with bare hands and feet to the rapid destruction of the moving opponent or opponents.

Taekwon-Do definitely enables the weak to possess a fine weapon together with confidence to defend him or herself and defeat the opponent as well. Of course, wrongly applied, Taekwon-Do can be a lethal weapon. Therefore mental training must always be stressed to prevent the student from misusing it.

As for women folk, they will undoubtedly find Taekwon-Do an invaluable asset in tackling and driving away "wolves", so to speak. When one is informed of the many instances where frail women effectively protected themselves, they may sound unbelievable. But really, they have been able to do so because they are well versed in the art of self-defense.

The feats of Taekwon-Do are great in number. To mention a few is probably pertinent: for instance, flying over a mounted motorcycle or eleven persons in line to attack a target with the foot; breaking an inch thick pine board placed at a height of ten or eleven feet with the foot; breaking two pieces of red brick with an open hand or knife-hand; smashing seven or eight pieces of two inch thick pine board at a single blow with the fist; attacking two targets with the same foot in succession while flying and so on. To the layman in the street, such feats may sound impossible, but to the serious students of Taekwon-Do and the exponents of this art, it is quite ordinary.

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Of course, by mastering this art it does not mean that you will be asked to do acts of impossibility. Particularly if someone should challenge you to kill a wild bull with your bare hands. Therefore it is clear that equivalent demonstrations of such effective use of pure somatic force is not to be seen in other forms of physical combat technique.

Incessant training is essential to keep oneself in top form and physical condition. In training, all the muscles of the human body will be used. From the use of one's muscles, it will be possible to harness all available power generated by every muscular contraction. It will then be necessary to deliver such power to the human target especially to where the most vulnerable points or vital spots of one's opponent are located, in particular when the opponent is in motion. At this point it is necessary to remind the students of Taekwon-Do that this art of self-defense is specially designed for swift retaliation against the moving aggressor.

Most of the devastating maneuvers in Taekwon-Do are based specially on the initial impact of a blow plus the consequential additional force provided by the rebound of the opponent's moving part of the body. Similarly by using the attacker's force of momentum, the slightest push is all that is needed to upset his or her equilibrium and to topple him or her.

In the case of the students of Taekwon-Do who have been in constant practice or the experts themselves, they spend no time thinking; as such an action comes automatically to them. Their actions, in short, have become conditioned reflexes. Therefore, throughout this Encyclopedia, the readers will notice that repeated emphasis is placed on regular training, in order to master the techniques of attack and defense.

Hours spent on training will not be wasted; for surely you will reap a rich reward in the form of speedy reactions and deadly blows to rain down upon your enemy or in any case to save life if and when a need arises. Even if Taekwon-Do is practiced for the sake of exercise alone, the enjoyment derived will justify the time invested and spent. As an exercise, it is equally suitable for the old and young, male and female.

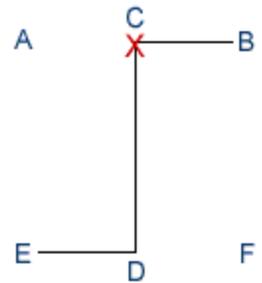
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## Do-San

### Green-7th Grade

#### Movements: 24

#### Ready Posture: Parallel Ready Stance



1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm.
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B.
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.

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12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.

13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.

14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.

15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.

16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.

17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.

18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.

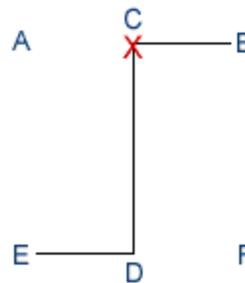
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.

20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.

21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.

22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.

23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.



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24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.

END: Bring the right foot back to a ready posture.

