



**KICKSIDE**  
**MARTIAL ARTS**

## **GREEN BELT Stripe Requirements**

### *1<sup>st</sup> Black Stripe:*

1. Nine movements of Won-Hyo, without assistance
2. Demonstrate a Fixed Stance
3. Recite the name of the Form
4. Good Attendance
5. Consistent Effort

### *1<sup>st</sup> Blue Stripe:*

1. Offensive (Sparring) Combination #1
2. Defensive Combination #1
3. Controlled Free Sparring
4. Good Attendance
5. Consistent Effort

### *2<sup>nd</sup> Black Stripe:*

1. 18 movements of Won-Hyo, without assistance
2. Demonstrate a Jump Spin Crescent Kick (on target)
3. Good Attendance
4. Consistent Effort

### *2<sup>nd</sup> Blue Stripe:*

1. Defensive Combination #2
2. Curriculum kick
3. Controlled Free Sparring
4. Good Attendance
5. Consistent Effort

### *3<sup>rd</sup> Black Stripe:*

1. Demonstrate all 27 movements of Won-Hyo, without assistance
2. Explain meaning of Green Belt
3. All required knowledge of Won-Hyo
4. Good Attendance
5. Consistent Effort

### **To Earn a Senior Green Belt:**

Students must be able to perform all skills listed above upon request.

Minimum of 32 classes.

Positive attitude towards fellow students and instructors.

Student must achieve personal best at this level.

All Techniques must demonstrate control and target area.



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## **GREEN BELT Study Guide**

Green Belt:

Form: Won-Hyo

Meaning of Won-Hyo: Won-Hyo is known to be the monk that introduced Buddhism to Korea in the year 686 AD.

Number of Combinations: 27

Green Belt represents the leaves on the plant as it begins to grow, just as a student's skills begin to grow.

### **GREEN BELT FREE SPARRING RULES:**

1. All kicks and punches must remain above the belt.
2. Hands must be kept up at all times.
3. Light Contact is acceptable.
4. No Kicks or Punches to back, face, legs, or with the intent to hurt.
5. You may only use techniques taught to you in the TKD school by a NJMAA Certified Instructor.
6. You may not catch or grab techniques thrown by your opponent.
7. No tripping, grappling, hair pulling, eye poking, or choking.
8. If the instructor on the floor feels that a student is sparring in an unsafe manner, he/she reserves the right to remove that student from the environment.