



KICKSIDE
MARTIAL ARTS

SENIOR GREEN BELT Stripe Requirements

1st Black Stripe:

1. Fourteen movements of Yul-Guk, without assistance
2. Recite the name of the Form
3. Explain the point value for tournament sparring
4. Good Attendance
5. Consistent Effort

1st Blue Stripe:

1. Offensive (Sparring) Combination #1
2. Defensive Combination #1
3. Explain the difference between a hook kick and crescent kick
4. Controlled Free Sparring
5. Good Attendance
6. Consistent Effort

2nd Black Stripe:

1. 25 movements of Yul-Guk, without assistance
2. Demonstrate a #1 Hook Kick
3. Good Attendance
4. Consistent Effort

2nd Blue Stripe:

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

3rd Black Stripe:

1. Demonstrate all 36 movements of Yul-Guk, without assistance
2. Demonstrate a Jump Spin Side Kick
3. All required knowledge of Yul-Guk
4. Good Attendance
5. Consistent Effort

To Earn a Blue Belt:

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

Minimum of 10 weeks and 32 days of training.

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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SENIOR GREEN BELT Study Guide

Senior Green Belt:

Form: Yul-Guk

Meaning of Yul-Guk: Yul-Guk was the pseudonym (pen name) of the philosopher and scholar Yi-I (1536–1584 AD), who is known as the Confucius of Korea.

Number of Movements: 36

In Tournament Sparring, students receive one point for kicks and punches to the body, two points for kicks to the headgear and jump kicks to the body. Three points are awarded for jump kicks to the headgear. No contact is needed for points to be called. Students are encouraged to come close to target areas.

When executing a Hook Kick students strike with the heel, unlike the Crescent Kick where students strike with the blade of the foot.

The Crescent Kick is a straight leg kick, whereas the Hook Kick begins and ends with a bent knee.