

Shin's TaeKwonDo Academy
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Green Belt Vocabulary & Requirements

Vocabulary

Turn Around	Dwe-ro-doh-rah
Front	Ahp
Side	Yup
Back	Dwe
Round	Dohlyo
Upper section	Sahng-dan
Middle section	Joong-dan
Lower section	Ha-dan
Punch	Ji-roo-ki
Strike/Chop	Chi-ki

Counting

31	Su-run Hana	36	Su-run Yah-sut
32	Su-run Dool	37	Su-run Il-gohp
33	Su-run Set	38	Su-run Yau-dull
34	Su-run Net	39	Su-run Ah-hope
35	Su-run Dah-sut	40	Ma-hun

Kicking Terms (cha-ki)

Front Hook Kick	Ahp-who-ri-ki
Turning Round Kick	Dwe-dora-dohlyo-cha-ki
Side Kick	Yup-cha-ki

Stance Terms (suh-ki)

Back Stance	Dwe-goo-be
Horse Stance	Ju-choom-suh-ki

Belt Coloration

Green Belt

This is the color of the sprout and represents the spring when growth and activity abound.

Meaning of Tae-Geuk Poomse

Tae-Geuk Poomse #2 Tae-Geuk Ee-Jang (7th Gup)

Symbol is Tae, meaning "internal strength and external gentleness"

After diligent practice of Tae-geuk Il-Jang, now you have a stronger base to develop yourself further. There are more front kicks and block-kick-punch combinations.

Combinations must be performed gently but with dynamic inner power.

Review

White, Yellow, and 2nd Yellow Vocabulary Sheets

Testing Requirements

- Vocabulary
- Poomse: Tae-Geuk #2 / Tae-Geuk Ee-Jang & Previous Poomse
- One Step sparring: #5,6
- Kicks: Previous + Above Kicks
- Board Break: With any above kick