



6th KUB - GREEN

The meaning and significance of green belt:
The green belt signifies the color of spring,
starting to grow, the beginning.

Form: TAE KEUK SAM CHANG

TERMS	
POOM SAE	Pattern or Form
KYUK PA	Breaking
KYEO ROO GI	Sparring or Fighting
HO SIN SOOL	Self Defense
AHP GOO BEE JA SE	Front Stance
DUIT GOO BEE JA SE	Back Stance
KYEO ROO GI JA SE	Sparring Stance
JOO CHOO SEO GI (or KI MA JA SE)	Horse Back Riding Stance
KI HAP	Yell

WHAT PART OF THE FOOT DO WE USE FOR THE HOOK KICK?

The side, heel, or bottom of the foot.

LITERAL MEANING OF TAE KWON DO:

TAE - Foot
KWON - Hand or Fist
DO - The way or art of combining the mind and body

6th KUB - GREEN BELT CURRICULUM

1. All the techniques from the preceding levels.
2. Front leg hook kick, back leg hook kick, turning hook kick
3. Standing jumping side kick
4. Jump reverse punch (standing and with steps)
5. Tae Keuk Sam Chang
6. One step green self defense
7. Breaking technique
8. Free sparring
9. Green belt study guide

GREEN BELT POOM SAE TAE KEUK SAM CHANG

Poom sae Tae Keuk Sam Chang line represents “the sun or fire”, that is, the fire gives brightness and infinite hope. Back stance and knife hand techniques are introduced for the first time, in this form. Poom sae Tae Keuk Sam Chang contains basic center of gravity moving, which is the key thing in sparring or self defense.

Requirement: Front stance, walking stance, reverse knife hand, outside block, double punches, reverse inside block, low block, and middle punching combination

Total Composition: 20 poom (counts), 34 movements

When you perform the poom sae, in assuming the ready stance, be calm, cautious, and courageous. Even if this attitude is not outwardly expressed, it must be felt each time the form

ONE STEP GREEN BELT SELF DEFENSE

(Attack with the right hand punch from front stance)

1. Left foot steps 45 degrees to the left making sparring stance, right leg roundhouse kick, right hand outside block and grab wrist, left hand grab shoulder and move left in front of your partner's foot. Pull down with your right hand, push down with your left hand, and kick back with your left foot flipping your partner to the ground.
2. Right foot steps 45 degrees to the right making a sparring stance, left leg side kick, left hand outside block and grab wrist, right hand grab shoulder and move right foot behind your partner's front foot. Pull down with your left hand, push down with your right hand, and kick back with your right foot flipping your partner to the ground.
3. Half a step back to sparring stance, front leg hook kick
4. Half a step back to sparring stance, back leg hook kick
5. Half a step back to sparring stance, turning hook kick
6. Step back into sparring stance, jumping rear hand punch and at the same time, front hand outside block