

HIGH GREEN BELT

Four Bands & Time Requirements

Yellow Band: Form - Tae Geuk Som (3) Jang

Blue Band: One Step Sparring

Red Band: Board Breaking - Power Back Kick

Black Band: Knowledge and proper execution of all belt testing requirements including curriculum, kicking techniques, Black Belt Philosophy, and vocabulary.

Time: Average 2-4 months based on student's attendance, knowledge of curriculum, and "personal best" performance.

Kicking Skills & Other Techniques

- Double Roundhouse Kick
- Sliding Axe Kick
- Back Stance
- Sparring Timing

Black Belt Philosophy: Enthusiasm

*"Once you set your mind with enthusiasm and persistence, nothing is impossible."
-Zhu Xi*

Go into everything you do with a positive and energetic mindset; you'll accomplish more, have more fun, and be a happier person. Each time you come to class you will notice how the instructors teach with passion and excitement. They are sincerely interested in helping you improve your skills. Enthusiasm is contagious, so it is also your responsibility as a Taekwondo student to contribute to the energy and excitement in the class so that everyone's training will be elevated. During your training it is important to *kihap* loudly, as this powerful yell demonstrates a Taekwondo student's intensity and focus.

On a daily basis adopt a habit of being more enthusiastic. Commit to making it a conscious decision rather than a spontaneous reaction. Resolve to take a sincere, friendly, and energetic attitude into everything you do. If you have enthusiasm for what you do, you will surely succeed.

