

## **7th Kup Low Green Belt Requirements**

### **Testing for 6th Kup High Green Belt**

You will need to know the following information:

- Chon Ji
- Dan Gun
- Do San
- Won Hyo
- Free Sparring
- Student Oath
- Rules of the Dojang
- Meaning of Tae Kwon Do
- 10 Basic Movements
- Reverse Kick
- Wheel Kick
- Jump Reverse Kick (breaking technique)
- One Step Sparring
  - #1 – Knife hand block (to the attacker's punch) with your left hand and middle punch with your right, followed by knife hand block (to the attacker's punch with your left hand and high punch with your right. Your feet should be parallel to your attacker's feet. Grab the attacker's right wrist, step back (to pull them forward) and do a front snap kick middle and a roundhouse kick high with your right foot.
  - #2 – TAKE DOWN – Knife hand block (to the attacker's punch) with your left hand. Reach behind the attacker's jaw (with your right hand), on the right side, just below the ear. Push the pressure point and push them down, then to the left dropping them to the floor. Kick and punch.
  - #3 – TAKE DOWN – Step out with the right foot as you reach across your body and grab the attacker's right wrist with your right hand. Raise their hand and turn counterclockwise and back under their right arm. You should end up behind them. Bend their right arm behind their back and kick their right knee forward taking them to the ground.
  - #4 – Left leg crescent kick (to block punch), right leg roundhouse kick high.
  - #5 – Right leg crescent kick (to block punch), left leg roundhouse kick high.
  - #6 – Step back with your left leg and do a left leg jump reverse kick.
  - #7 – Step back with your right leg and do a right leg jump reverse kick.
- You should remember all of the lower belt forms, one-steps, and meanings.

Meaning of Green Belt: Signifies the plant's growth as Tae Kwon Do skills begin to develop.