



# Advanced Green Belt Adults Requirements:

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*New Techniques from Green Belt  
Also Responsible for all Material Previous Learnt*

## **Hand Techniques:**

Strikes:

- Back Fist to the Side of the Head
- Body Thrust

## **Kicks:**

- Push Kick
- Jump Front Kick
- Jump Axe Kick
- Jump Roundhouse Kick

## **Forms:**

Tae Guk Sam Jang – Tae Guk #3

## **Other Skills:**

- Contact Sparring
- Moving Basics

## **Self-Defense:**

A16 – A20

## **Break:**

Spin Back Kick

## **Korean Language and Related Trivia:**

- ❑ Memorize Student Creed
- ❑ Explain why we position our body like we do, when in the defensive stance.
- ❑ What is the difference between defensive and offensive?
- ❑ What Does “WTF” & “ITF” Stand for?
- ❑ Why do we bow when entering or leaving the workout floor?