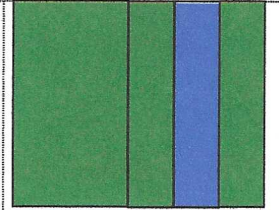




SPARTA TAEKWONDO GREEN BELT DEGREE PROGRAM



A. New Stances

Name	Korean Terminology	Other Terminology	Comment
N/A	N/A	N/A	N/A

B. New Strikes

Name	Korean Terminology	Other Terminology	Comment
Double Middle Punch			
Spear Hand			
Swallow Tail		Knifehand Upward Block w/ Reverse Neck Chop	
Uppercut			
Backfist			

C. New Blocks

Name	Korean Terminology	Other Terminology	Comment
Forearm Block			
Palm Heel Pressing Block			
Square Block			In-Out Middle Block combined with Upper Block
Riding Stance Downward Block			

D. New Kicks

Name	Korean Terminology	Other Terminology	Comment
Hook Kick		Fullmoon Kick	
Double Kick		Bullet Kick	

E. Forms

Name	Korean Terminology	Comment
Taegeuk 3 (Green Belt)	Taegeuk Sam-Jang	<i>* Symbolizes Fire - This form represents fire & sun, and their characteristics of warmth, enthusiasm and hope. Like fire, this form is filled w/ changing bursts of power connected with a continuous flow of motion.</i>
Palgwe 3 (Green Belt)	Pagwe Sam-Jang	<i>* Concept of Fire (Ri) - It is symbolic of one's passion, flickering and flaring at different intervals, and engulfing everything in its path. From this hyung the practitioner learns to develop a multitude of quick, successive techniques.</i>
Taegeuk 4 (Green Belt Advanced)	Taegeuk Sa-Jang	<i>* Symbolizes Thunder - Thunder, combined with lighting, evokes fear and trembling but reminds us that danger, like thunderstorm, passes as suddenly as it comes, leaving blue sky, sunshine, and rain freshened air in its wake. It teaches to act calmly and bravely in the face of loud and terrifying dangers, real or imagined, knowing that they, too, will pass.</i>
Palgwe 4 (Green Belt Advanced)	Palgwe Sa-Jang	<i>* Concept of Thunder (Jin) - Thunder evokes fear in many people, and this hyung uses this principle to teach the practitioner to be calm, even in the face of impending danger. This form also combines strikes and blocks in such a manner that they instantly follow each other, similar to the relationship of thunder and lighting.</i>

F. Combination Kicks

1. 45 – Axe Kick (same leg)
2. Stepping Side Kick – Back Kick – Axe Kick
3. 45 – 45 – Axe Kick
4. Hook Kick – 45 – Axe Kick
5. 45 – Hook Kick – Back Kick

G. Breaks

Green – Knife Hand Strike

Green/Blue – Back Kick

H. Questions – See handout or log in to www.spartatkd.com – Announcements – Printed Materials – Handouts and School Curriculum