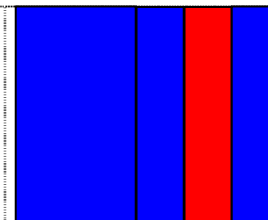




SPARTA TAEKWONDO GREEN BELT DEGREE PROGRAM



A. New Stances

Name	Korean Terminology	Other Terminology	Comment
X-Stance		Cross Stance	
Side Kick Ready Stance		Crane Stance	

B. New Strikes

Name	Korean Terminology	Other Terminology	Comment
Hammer Fist			
Supported Elbow Strike			
Elbow Strike			
Palm Heel Strike			

C. New Blocks

Name	Korean Terminology	Other Terminology	Comment
Scissors Block			
Double Arms Outside Middle Block			
Knifehand Twisting Block		Reverse Knifehand Block	
X-Open Block		Double Forearm Block	
Palm Heel Middle Block			

D. New Kicks

Name	Korean Terminology	Other Terminology	Comment
Spinning Hook Kick		Turning Long or Whip Kick	
Jumping Back Kick			
Narabahn Roundhouse (body)		Jumping Turning 45	
Narabahn Roundhouse (head)		Jumping Turning Roundhouse	
Narabahn Crescent Kick		Jumping Turning Out-In	

Narabahn Axe Kick		Jumping Turning Axe	
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E. Forms

Name	Korean Terminology	Comment
Taegeuk 5 (Blue Belt)	Taegeuk Oh-Jang	<i>* Symbolizes Wind - Although wind can be horrible and destructive, such as typhoons, hurricanes & tornadoes, the wind's true nature is gentle but penetrating. The wind teaches humility and good natured actions. Like a gentle breeze, this form is simple. Yet like a storm it is strong and powerful.</i>
Palgwe 5 (Blue Belt)	Palgwe Oh-Jang	<i>* Concept of Wind (Seon) - Wind is an element of nature which can be gentle or destructive. This form teaches the student to combine and alternate gentleness with destructive strength and speed.</i>
Taegeuk 6 (Blue Belt Advanced)	Taegeuk Yook-Jang	<i>* Symbolizes Water - Water always flows downward and, in time, can wear away the hardest granite. We learn that we can overcome every difficulty if go forward with self-confidence and persistence. Like water, this form is gentle yet destructive. It teaches that man, when faced with a challenge can overcome it by persistence and unwavering belief.</i>
Palgwe 6 (Blue Belt Advanced)	Palgwe Yook-Jang	<i>* Concept of Water (Gam) - Water is an element that never loses its composure, and this leads to its inherent strength. This hyung teaches the student that they can overcome any problems in life without sacrificing their state of being.</i>

F. Combination Kicks

1. 45 – Spinning Hook Kick
2. Back Kick – 45 – Spinning Hook Kick
3. Axe Kick – Back Kick – Jumping Turning 45
4. Jumping Turning 45 – Back Kick
5. Combination of narabahn kicks (45 – Out-In – Axe kick) on both sides

G. Breaks

Blue – Knife Hand Strike with a Kicking Technique

Blue/Red – Jump Back Kick with a Fist Technique

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