

PARK'S MARTIAL ARTS

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GREEN BELT

BELT MEANING

The end of spring. The student grows and develops toward maturity in martial arts.

REQUIREMENTS

<Green belt to Blue belt>

1. BASIC STANCES
2. TEN BASIC MOTIONS
3. FORWARD HANDS TECHNIQUE (Teen & Adult only)
4. TEN STEP
5. FORWARD KICKING COMBINATION
6. FALLING TECHNIQUE (NAK BUP)
7. SELF-DEFENSE -
8. FORM – Tae Geyk Sam Jang
9. BREAKING - Flying Side kick
10. STUDENT CREED
11. SPARRING (three on three)
12. TERMINOLOGY TEST
13. PROMOTION QUALIFICATION-
 - 1) 2 – 2 ½ months & up to 15 classes
 - 2) Instructor's approval

TERMINOLOGY

ENGLISH	KOREAN
Front Snap Kick	Ahp cha gi
Round House Kick	Ahp dol ryo cha gi
Rising Kick	Buh duh ol li gi
Axe Kick	Ne ryo cha gi
Side Kick	Yop cha gi

COUNTING

1st	El
2nd	Ee
3rd	Sam
4th	Sa
5th	Oh
6th	Yuk
7th	Chil
8th	Pal
9th	Ku
10th	Sib

What is the bow and why is it important to bow?

Bowing shows sincerity, respect and deep appreciation.

STUDENT CREED

We commit ourselves to mental and physical discipline.

To be friends with one another and to develop strength within our group.

We shall never fight to achieve selfish goals.

To develop wisdom and character are our ultimate commitments.

UNITE FOR RIGHT, SIR!