

Yellow & Green Belt

- ✓ The student should participate in at least 40 trainings before the Belt Test date.
- ✓ Only students who got all 6 stripes are eligible for this Belt Test.
- ✓ Last 6th stripe (black) is for discipline and attention. It is given to the student right before the Belt Test date, in case if he/she did not get more than 30 penalties for 40 trainings. If the student got more, he/she has to participate in more trainings before the Test (e.g. 40 penalties for 40 trainings means 10 more classes must be taken without penalties).
- ✓ The sportsmen must bring the card of Good Deeds signed by parents.
- ✓ He/she has to be ready to demonstrate all the technique from the previous belt test (White & Yellow Belt).

Test 1. Green Stripe.

Student must demonstrate proper Taekwondo technique, such as:

1. Basic Taekwondo Sparring Moving, keeping proper Sparring Stance:

- Step Forward;
- Step Back;
- Slide Forward;
- Slide Back;
- Switching Step.

2. Hands' Technique:

Combination of following techniques:

- Low Punch + Middle Punch+ High Punch (Arae Cgirugi + Momtong Chirugi + Olgul Chirugi);
- Double Middle Block (right+left hand) (Doo Bun Momtong Mahki);
- Double Low Block (right+left hand) (Doo Bun Arae Mahki);
- Double High Block (right+left hand) (Doo Bun Olgul Mahki).

3. Legs' Technique:

- Side Kick (Yup Chagi).

Test 2. Blue Stripe.

Student must show **Second Taekwondo Pattern** (Taeguek 2).

Test 3. Red Stripe.

Student must brake **2 wooden boards** using:

- Axe Kick (Nehryuh Chagi);
- Side Kick (Yup Chagi).

Test 4. Yellow Stripe.

Student must perform strength endurance test with proper technique:

- For upper body: 15 push ups, 20 sit ups;
- For lower body: 25 squats.

Test 5. White Stripe.

Flexibility. **Sit and Reach test.**