

Green Belt

What Does it Mean?

Meaning of the Green Belt - *Green signifies the plant's growth as taekwondo skills are developing.*

- **Verde:** Indica la semilla crece la habilidad en el desarrollo de Taekwondo.
- When you achieve the rank of Green Belt, you have moved from the beginner into the intermediate class. This means that you have now acquired the basic Taekwondo skills which you are now working to develop. You will begin to Free Spar and more will be expected of you. Now there will be many students newer than you, and you will need to set a good example for them. Now that you have the basic skills to begin achieving your goals, you must believe in your abilities and inspire yourself to work hard to achieve these goals.

At the Green Belt level you will learn three new patterns:

- · 1. Yong Gom
- · 2. Won Hyo
- · 3. Yul Gok
- Many students frequently ask, “Why must we learn patterns; why not just spar?” Patterns were first developed as a means to practice offensive and defensive moves in a logical sequence. Until recent years when safety equipment was developed, free sparring was not a safe and enjoyable sport. It was too dangerous to use as a regular training technique. Instead, patterns were developed. When you practice your patterns, consider what move your opponent might have made which you are now countering. In this way, patterns can come to life for you and become a much more memorable training experience.

In the Choong Sil Kwan system we study 24 traditional patterns, the Chang Han series, developed by General Choi Hong Hi of Korea, the father of modern Taekwondo, and 4 Choong Sil, or discipline, patterns developed by Master Robert H. Hardin, founder of the Choong Sil Taekwondo Federation.

The reason General Choi developed 24 patterns is likened to the 24 hours in a day. Twenty-four represents a complete cycle, his entire life, that he has devoted to the development and spread of Taekwondo.

The four Choong Sil patterns consist of 180 total moves that represent 180 degrees, a half circle, or a complete reversal of direction. With a very small, for example, one degree, change each day, you can attain complete change in only 180 days.

As you can see, patterns are an integral part of our Taekwondo tradition. They also represent our reward as we advance to new ranks. A student is not entitled to learn a pattern until he has achieved the rank associated with the pattern. In order to learn all the patterns, one must attain the rank of 6th degree black belt. This is a lifetime goal!

Green Belt Patterns

Yong Gom:

(40 moves, left foot returns)

Yong Gom means "Inspiration." With goals firmly in mind, the students must also learn to self-inspire themselves into action, as they develop a sense of self-worth. Without this, they may never strive for success as they may feel that they do not deserve the rewards that accompany achievement.

Won Hyo:

(28 moves, right foot returns)

Won Hyo was the noted monk who introduced Buddhism to the Silla Dynasty in the year 686 AD

Yul Gok:

(38 moves, left foot returns)

Yul Gok is the pseudonym of a great philosopher and scholar Yi-I (1536-1584), nicknamed the "Confucius of Korea." The 38 movements of this pattern refer to his birthplace on the 38th degree latitude and the diagram (±) represents scholar.

Free Sparring

Once the student has advanced to the Green Belt level, he or she is allowed to begin to Free Spar. In order to ensure the safety of our students, all are required to purchase and wear safety gear for their hands, feet and mouth. All children are required to wear protective headgear. Male students are required to wear a groin protector. **Students will not be allowed to spar without the necessary safety equipment.**

We begin free sparring with a limited selection of techniques. **The first sparring set is the lead leg set.** This allows the student to develop his front leg sidekick, front leg hook kick and front leg round kick, singly and in combination. In addition, the student may use a reverse punch to the body.

At this first stage of sparring, it is very important that the student learn to control his or her techniques, develop blocking skills, and generally familiarize himself with free sparring. Only after the student has demonstrated sufficient progress in these areas will the instructor begin to allow the use of the spin sidekick and the spin hook kick in sparring.

As a student, it is always fun to spar. However, we must learn to **control our actions** and to **use a variety of techniques.** Because these are both so difficult, we must start developing them at the Green Belt level in order to advance to Black Belt.

Free sparring demonstrations are also required as part of the Green Belt Testing procedure. **The purpose of free sparring at testing is** not to score points on your opponent but rather **to demonstrate your proficiency in a variety of techniques and assist your partner in doing the same.**

Won-Hyo

Green Belt

Closed Ready Stance A

Techniques			Stance	Target
1	Left	Square block	Back I	High
2	Right	Inverted knifehand strike	Same	Middle
3	Left	Side punch	Middle	Middle
4	Right	Square block	Back L	High
5	Left	Inverted knifehand strike	Same	Middle
6	Right	Side punch	Middle	Middle
7	Left	Double outer forearm block	Closed	Middle
8	Left	Forward leg side kick		Middle
9	Left	Double knifehand block	Back L	Middle
10	Right	Double knifehand block	Back L	Middle
11	Left	Double knifehand block	Back L	Middle
12	Right	Spear hand (Kihan)	Front	Middle
13	Left	Square block	Back L	High
14	Right	Inverted knifehand strike	Same	Middle
15	Left	Side punch	Middle	Middle
16	Right	Square block	Back L	High
17	Left	Inverted knifehand strike	Same	Middle
18	Right	Side punch	Middle	Middle
19	Right	Scooping block	Front	Middle
20	Right	Turning front kick		Middle
21	Left	Reverse punch	Front	Middle
22	Left	Scooping block	Same	Middle
23	Left	Turning front kick		Middle
24	Right	Reverse punch	Front	Middle

Techniques			Stance	Target
25	Right	Turning side kick		Middle
26	Left	Double outer forearm block	Back L	Middle
27	Right	Double outer forearm block (Kihap)	Back L	Middle
***28 moves. Right Foot Returns				

*** One move omitted for CTF training.

Won Hyo: (28 moves) was the noted monk who introduced Buddhism to the Silla Dynasty in the year of 686 AD (Right Foot Returns)

Yol-Guk

Green Belt

Parallel Ready Stance

Technique			Stance	Target
1	Left	Punch (slow)	Middle	Middle
2	Right	Punch	Same	Middle
3	Left	Punch	Same	Middle
4	Right	Punch (slow)	Middle	Middle
5	Left	Punch	Same	Middle
6	Right	Punch	Same	Middle
7	Right	Inner forearm side block	Front	Middle
8	Left	Turning front kick		Middle
9	Right	Punch	Front	Middle
10	Right	Reverse punch	Same	Middle
11	Left	Inner forearm side block	Front	Middle
12	Right	Turning front kick		Middle
13	Right	Punch	Front	Middle
14	Left	Reverse punch	Same	Middle
15	Right	Hooking block	Front	Middle
16	Left	Reverse hooking block	Same	Middle
17	Right	Punch	Same	Middle
18	Left	Hooking block	Front	Middle
19	Right	Reverse holding block	Same	Middle
20	Left	Punch	Same	Middle
21	Right	Punch (Kihap)	Front	Middle
22	Left	Turning side kick		Middle
23	Right	Reverse forearm strike	Front	Middle
24	Right	Double outer forearm block	Closed	Middle

Technique			Stance	Target
25	Right	Forward leg side kick		Middle
26	Left	Reverse forearm strike	Front	Middle
27	Left	Knifehand square block	Back L	High
28	Right	Spearhand	Front	Middle
29	Right	Knifehand square block	Back L	High
30	Left	Spearhand	Front	Middle
31	Left	Outer forearm block	Front	Middle
32	Right	Reverse punch	Front	Middle
33	Right	Outer forearm block	Front	Middle
34	Left	Reverse punch	Front	Middle
35	Left	Jump side backfist	X-stance	High
36	Right	Double inner forearm block	Front	Middle
37	Left	Double inner forearm block	Front	Middle
***38 moves, Left Foot Returns				

*** One move omitted for CTF training.

Yul Gok: (38 moves) is the pseudonym of the great philosopher and scholar Yi-I (1536-1584) nicknamed the "Confucius of Korea." The 38 movements of this pattern refer to his birthplace on the 38 degree latitude and diagram represents "scholar". (Left Foot Returns)

Testing

Congratulations! You have worked hard and are now ready to test.

Testing is an important part of the CTF teaching program. You must prepare by learning **all your patterns, definitions, and one-steps**. In addition, at Green Belt and above, you will be expected to **demonstrate what you have learned regarding free sparring**. At Blue Belt and above, you will be expected to **participate in a power demonstration by breaking wood** at each testing. Be sure you have discussed your breaking techniques with your instructor and received approval of your selection prior to the testing. Wood is provided at the testing.

Come to the testing a little early to allow time to warm up and ask any last minute questions you may have.

Remember, this is a formal occasion and requires that you wear your traditional white uniform!

You will need to register in advance of the testing date. See your instructor to register and pay your testing fee.

Additionally, all white belts and any students whose membership has expired in the Choong Sil Taekwondo Federation will need to complete a CTF membership card and pay the annual membership fee before they test.

Testing is a very special occasion and a great time to demonstrate to your family and friends how much you have achieved! Be sure to bring them with you to the testing.

Good Luck!

Green Belt Testing Goals

Grades 1 & 2

Completed

- I. Attend class _____ times a week
(Minimum classes between testings - 20) _____

- II. Learn new patterns
 - A) Won Hyo _____
 - B) Yong Gom _____

- III. Free Sparring
 - A) Lead Leg Set _____
 - B) _____ _____

- IV. Definitions
 - A) Won Hyo _____
 - B) Yong Gom _____

- V. Review all previous material learned
At Green Belt you will be asked to perform all patterns you have learned, as well as all definitions. _____

- VI. Special Goals:

Green Belt Testing Goals

Grades 3 & 4

Completed

- I. Attend class _____ times a week
(Minimum classes between testings - 16) ___

- II. Learn new patterns
 - A) Yul Gok ___

 - B) Yong Gom ___

- III. Free Sparring
 - A) Lead Leg Set ___
 - B) Spin Kick Set ___
 - C) _____ ___

- IV. Definitions
 - A) Yul Gok ___
 - B) Yong Gom ___

- V. Review all previous material learned ___
At Green Belt you will be asked to perform all patterns you have learned, as well as all definitions.

- VI. Special Goals:
 - _____ ___
 - _____ ___
 - _____ ___