

RANK: GREEN

BELT PROMOTION SHEET



Date: _____ Student Name: _____

Address: _____

Age: _____ Gender: _____ Belt Size: _____

Student Signature (Parent/Guardian if Under 18): _____

Instructor Signature: _____

REQUIREMENTS	GRADE			REQUIREMENTS	GRADE		
<i>U = Unsatisfactory S = Satisfactory E = Excellent</i>							
Kicks							
Crescent (in/out)	U	S	E	Step Hook	U	S	E
Crescent (out/in)	U	S	E	Back Kick	U	S	E
Front	U	S	E	Axe Kick	U	S	E
Round	U	S	E	Rear Leg Side	U	S	E
Step Side	U	S	E	Double Kicks	U	S	E
Jump Front	U	S	E	2-kick Combinations	U	S	E
Skip Round	U	S	E	3-kick Combinations	U	S	E
Skip Side	U	S	E				
Form [Tae-geuk Ee-Jang (2)]							
Stances	U	S	E	Strikes	U	S	E
Blocks	U	S	E	Tempo	U	S	E
Kicks	U	S	E	Performed Correctly	U	S	E
Power	U	S	E				
Forms [Previous]							
Stances	U	S	E	Strikes	U	S	E
Blocks	U	S	E	Tempo	U	S	E
Kicks	U	S	E	Performed Correctly	U	S	E
Power	U	S	E				
Target Kicks							
Double Kicks	U	S	E	Rear Leg Side	U	S	E

RANK: GREEN

BELT PROMOTION SHEET



REQUIREMENTS	GRADE			REQUIREMENTS	GRADE		
<i>U = Unsatisfactory S = Satisfactory E = Excellent</i>							
Sparring							
No Contact		U	S	E			
Breaking							
Rear Leg Side – 1 board (12yr+) / 1 board (≤11yr)		U	S	E			
Elbow – 1 board (12yr+) / 1 board (≤11yr)		U	S	E			
Attitude & Knowledge				Fitness			
Terminology	U	S	E	Strength (20 push-ups / 35 leg lifts)	U	S	E
Discipline	U	S	E	Endurance	U	S	E
Attitude	U	S	E	Flexibility (center splits; 10 sec)	U	S	E
Kihap	U	S	E				

Comment(s):

PASS_____

FAIL_____

Examiner's Initials:_____

RANK: GREEN

BELT PROMOTION SHEET



TERMINOLOGY	
Count to 10 in Korean	<ol style="list-style-type: none"> 1. Hanna (ha-na) 2. Dul (dool) 3. Set (set) 4. Net (net) 5. Dasot (da-set) 6. Yasot (ya-set) 7. Elgob (il-gup) 8. Yadol (yo-dole) 9. Ahop (a-hop) 10. Yol (yole)
5 Tenets of Tae Kwon Do	<ol style="list-style-type: none"> 1. Courtesy 2. Integrity 3. Perseverance 4. Self-Control 5. Indomitable Spirit

	Term	Meaning	Term	Meaning
Class Terms	Ch'a-ryot	Attention	Chah-gi	Kicks
	Ba-ro	Back to ready	Kwang Chang-nim	Master Instructor
	Kyong-nae	Bow	Joon-bi	Ready position
	Kyukpa	Breaking	Gyroogi	Sparring
	Kuk-ki-kae-ha-yo	Face the flag	Kam-sa Ham-ni-da	Thank you, sir
	Poomsae	Forms	Ki-hap	Yell
	Sabom-nim	Instructor		