




# Hadri Taekwondo Academy


## Green Stripe Syllabus and Student Progress Chart

Student Name: \_\_\_\_\_

Date started: \_\_\_\_\_

Primary Class: \_\_\_\_\_

Technique	Performed Easily? (Yes/No)
<p><b>Pull back in long stance + double lower block. Perform inner crescent. 10 x left/right leg.</b></p> 	<p><input type="checkbox"/> I already know how to pull back into long and perform double low section block</p> <p><input type="checkbox"/> I know the mechanics of inner crescent kick</p> <p><input type="checkbox"/> I can perform the inner crescent kick to a good standard</p> <p><input type="checkbox"/> I can perform the inner crescent kick with either leg to a good standard</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p><b>Moving forward in long stance + lower block followed by high section block (using same hand).</b></p> 	<p><input type="checkbox"/> I can move forward in long stance</p> <p><input type="checkbox"/> I can perform lower block whilst moving forward in long stance</p> <p><input type="checkbox"/> I know how to perform high section block</p> <p><input type="checkbox"/> I can perform lower block whilst moving forward in long stance and follow it up with high block with the same hand</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p><b>Moving backwards in long stance + high section block followed by lower block (using same hand).</b></p> 	<p><input type="checkbox"/> I can comfortably move back in long stance</p> <p><input type="checkbox"/> I can perform high section block after moving back in long stance</p> <p><input type="checkbox"/> I can perform low block after moving back in long stance and performing high section block</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>

<p><b>Kicking Combinations – Intermediate (kicks: front, turning, pushing, chopping, side and back)</b></p> <p>Random set of kicks will be chosen on the day such as: front kick &amp; turning kick, front kick &amp; push kick, side kick &amp; side kick, turning kick &amp; back kick.....</p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can perform front kick to the required standard</li> <li><input type="checkbox"/> I can perform turning kick to the required standard</li> <li><input type="checkbox"/> I can perform pushing kick to the required standard</li> <li><input type="checkbox"/> I can perform chopping kick to the required standard</li> <li><input type="checkbox"/> I can perform side kick to the required standard</li> <li><input type="checkbox"/> I can perform back kick to the required standard</li> <li><input type="checkbox"/> I can perform these kicks in a combination</li> </ul> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p><b>4 direction techniques: in back stance outer block/outer knife hand strike (apply with different hands)</b></p> 	<ul style="list-style-type: none"> <li><input type="checkbox"/> I know what is meant by back stance</li> <li><input type="checkbox"/> I can perform back stance</li> <li><input type="checkbox"/> I can move forward and back in back stance</li> <li><input type="checkbox"/> I can perform outer block</li> <li><input type="checkbox"/> I can perform outer block with either hand</li> <li><input type="checkbox"/> I can perform outer knife hand block with either hand</li> <li><input type="checkbox"/> I can perform outer block in back stance</li> <li><input type="checkbox"/> I can perform outer knife hand block in back stance</li> <li><input type="checkbox"/> I can easily perform outer block whilst moving back in back stance and perform knife hand block whilst moving forward in back stance</li> </ul> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p><b>4 direction techniques: in back stance outer block/back stance side back fist (apply with different hands)</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can execute side back fist with either hand</li> <li><input type="checkbox"/> I can easily execute lower block as I move back into back stance and execute side back fist as I move forward in back stance.</li> </ul> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p><b>1 step kicking exercise – intermediate (kicks: front, turning, pushing, chopping, side and back)</b></p>	<ul style="list-style-type: none"> <li><input type="checkbox"/> I can perform front kick to the required standard</li> <li><input type="checkbox"/> I can perform turning kick to the required standard</li> <li><input type="checkbox"/> I can perform pushing kick to the required standard</li> <li><input type="checkbox"/> I can perform chopping kick to the required standard</li> <li><input type="checkbox"/> I can perform side kick to the required standard</li> <li><input type="checkbox"/> I can perform back kick to the required standard</li> <li><input type="checkbox"/> I can perform each of these kicks consecutively as required.</li> </ul>

	<p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>
<p><b>Taeguk 3 – Sam Jang – Mock exam (20 moves)</b></p>	<p><input type="checkbox"/> I know all of 20 moves of Taeguk 3 (Sam jang)</p> <p><input type="checkbox"/> I can perform Sah jang</p> <p><input type="checkbox"/> I can perform Sah jang to the required standard or better</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p><b>Taeguk 2 – Ye Jang (18 moves)</b></p>	<p><input type="checkbox"/> I know all of 18 moves of Taeguk 2 (Ye jang)</p> <p><input type="checkbox"/> I can perform Ye jang</p> <p><input type="checkbox"/> I can perform Ye jang to the required standard or better</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p><b>Taeguk 1 – Il Jang (18 moves)</b></p>	<p><input type="checkbox"/> I know all of 18 moves of Taeguk 1 (Il jang)</p> <p><input type="checkbox"/> I can perform Il jang</p> <p><input type="checkbox"/> I can perform Il jang to the required standard or better</p> <p>Student signature _____</p> <p>Instructor signature _____</p> <p>Date: _____</p>
<p>Korean Terminology:</p>	<p><input type="checkbox"/> Do I know the Terminology for my grade level. Check the Terminology sheet for your grade level.</p> <p>Student signature: _____</p> <p>Instructor signature: _____</p> <p>Date: _____</p>



# Hadri Taekwondo Academy

	<b>Korean Terminology</b> Green Stripe
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What is poomsae?	<p>The poomsae is a series of movements for offense and defense techniques which can be practiced and trained, even without presence of an instructor, in accordance with the fixed patterns. Therefore, the poomsae has the merits, by its practice, to make the trainee enhance the Kyorugi techniques and applied techniques including special techniques which can hardly be practiced by the training of each separate basic movement alone.</p> <p>The poomsae can be trained along the imaginary or drawn poomsae line, which marks the position of foot and the line direction to move along.</p>	
What is Kyorugi?	<p>Kyorugi is also known as sparring. There are various levels of sparring: most commonly sports sparring as in the Olympics and step sparring (han beon/ se beon kyorugi). Kyorugi is a practical application of the poomsae and the Taekwondo spirit is manifested not in an abstract mental philosophy expressed in the documents but in the actions of poomsae.</p>	
Significance of Green Belt	<p>The green belt represents a plant growing from the earth as the student's taekwondo skills develop. (The colour of growing things that all can see. Power begins to develop.)</p>	
Stance	Back stance	Dwi kubi seogi
	Walking stance	Ap seogi
	Long stance	Ap kubi seogi
Block	Inner forearm middle block	An Palmok momtong makki
	Outer forearm middle block	Bakat Palmok momtong makki
	Outer forearm middle knife hand block	Sonnal bakat momtong makki
Strike	Front back fist	Deungjumeok apchigi
	Knife hand strike	Sonnal mok chigi
	Reverse knife hand strike	Sonnal bakat mok chigi
Kick	Outer crescent kick	Bakat chok bandal chagi
	Inner crescent kick	An chok bandal chagi
	Side kick	Yop chagi
	Back kick	Dwi chagi
Commands	Ready	Junbi
	Fighting stance ready	Kyorugi junbi
	Turn around	Dwiro Dora
	Stop	Coman



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	Break	Kalyo
	Restart	Keseok
Poomsae: Taeguk 2	Korean name	Ee jang
	Symbol	South East (Youngest Daughter)
	Refers to	Water/ Lake
	Number of moves	18
	Signifies	inner firmness and the outer softness: The Lake and its water symbolise the flowing and calm nature of the martial artist. This form is to reflect those attributes.
	New moves	Oegul makki, oegul jireugi
Poomsae: Taeguk 3	Korean name	Sam jang
	Symbol	East (Second Daughter)
	Refers to	Fire
	Number of moves	20
	Signifies	spirit of enthusiasm: This form is intended to be performed rhythmically, with some outbursts of energy to reflect fire's rhythmic and energetic dualism.
	New moves	Sonnal mok chigi, sonnal momtong makki, dwi kubi seogi
Tenets	Courtesy, Integrity, Perseverance, Self Control, Indomitable Sprit	