

# Testing for **Green Belt**

## Requirements

- Belt test every 2 months
- Count from 1-40 in Korean
- Perform Orange Belt Form Tae Geuk Sam Jang
- To Demonstrate and understand names of all basic and intermediate kicks
- Do push-ups and sit-ups
- Complete 2-2 minute round of free sparring (W.T.F. approved sparring gear with school logo is required)
- Break 4 boards using Hammer Fist, Axe Kick, Side Kick, and Turning Back Side Kick