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## Green Belts Syllabus

### 1. Sitting stance punches

From junbee, move left leg to the left into sitting stance.

Starting with left hand:

- ❖ 8 single punches
- ❖ 4 double punches
- ❖ 1 single punch
- ❖ 4 double punches
- ❖ 3 triple punches

*Kihap (shout) must be performed on the first count of each set! During 3 triple punches shouting Tae Kwon Do*

### 2. Stretching/conditioning kicks

From junbee, move left leg into forward stance (double forearm side blocks).

Starting with right leg:

- ❖ Front stretch kick
- ❖ Side stretch kick
- ❖ Adduction kick (Outside to inside)
- ❖ Abduction kick (Inside to outside)

*Each kick to be performed 3 times each leg. Kihap when changing legs!*

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## 3. Basic kicks

From junbee, move left leg forward into forward stance (double forearm side blocks).

Starting with right leg:

- ❖ Front thrust kick (Once performed slow motion and twice normal speed)
- ❖ Side thrust kick (Once performed slow motion and twice normal speed).

**Change of stance from forward to L-shape stance and guarding block**

- ❖ Chop kick (normal speed 3 times each leg)
- ❖ Turning/roundhouse kick (Once performed slow motion and twice normal speed)
- ❖ Back kick (normal speed 3 times each leg)
- ❖ Reverse turning kick (normal speed 3 times each leg)

**Each kick to be performed 3 times each leg. Kihap when changing legs!**

## 4. Special kicks

From junbee, move right leg back into fighting stance

- ❖ Slide back, fast-step middle kick, chop kick, round house kick
- ❖ Slide back, fast-step chop kick, round house kick, middle kick
- ❖ Fast-step side push kick, chop kick, scissors kick

**Each set to be performed twice with same leg**

## 5. Compulsory belt form

- ❖ Form number 3 (Sam Jang and 1 random form)

## 6. 3 step sparring

- ❖ From Junbee move into forward stance (move right leg back, low section block left hand)
- ❖ Moving forward, attacking mid-section punch, thrice (beginning with right hand). Counter attack – outward block, thrice followed by a mid-section punch at the end (Kihap on the third punch)
- ❖ Same attack as above. Counter attack – inside block, thrice followed by a front thrust kick, guarding block (Kihap at the end)
- ❖ Attacking high section punch, thrice. Counter attack – high section block, thrice followed by a high section punch at the end (Kihap on the third punch)

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## 7. Self-defence

- ❖ 5 sets (hair, collar, double wrist, head-lock, bear-hug)

## 8. Push-ups

- ❖ 20 push-ups

