




THE PANTHERS DEN

Green Belt – Blue Tip Requirements

Grade – 5th Gup Ages 12 and under

Form Name	Movements	Definition
YUL-GOK 	38	Yul Gok was a great thinker. His real name was Yi I. 38 moves of the form are for where he was born on earth, and the figure — represents “Scholar” (A person that loves to study) in Chinese.

Minimum Time In Grade: 25 classes



Meaning of Green belt: A Plant – growing from the ground.

Explain Tenants of Tae Kwon Do: Select one of the tenants below and explain.

Courtesy: Is giving a bow to teachers, black belts, and fellow students. It is doing your chores before you are asked and being helpful in every class.

Integrity: A simple rule of being honest at home and in school. It is being honest when it is most difficult to be honest.

Self Control: Always thinking before acting. It is having the strength to not say bad words even when you are angry.

Perseverance: It is telling yourself you will finish what you start.

Indomitable Spirit: Is to be fearless and to allow yourself to try different things.

Victory: When you have come to know yourself.

Korean terminology:

Inside block - *Yup Makgee*

Bang knuckle fist - *SongSoo*

Hammer kick – *Jeegi Chagee*

Front kick - *ApChaGee*

Free Sparring: Will test skill, attitude and self control against opponent.

Breaking: 2 boards



Difference between Dan and Gup:

Color belt ranks are referred to as Gup, which start at 9th and progress to 1st. Black belt ranks are referred to as Dan, which start at 1st and progress to 9th.

Self-Defense: Hand and 2 foot one step techniques

Responsible for knowledge of all previous belts