



## GREEN BELT CURRICULUM

<b>POOMSAE</b>	<ul style="list-style-type: none"><li>• Tae guek sa jang</li></ul>
<b>KICKING TECHNIQUES</b>	<ul style="list-style-type: none"><li>• Hook kick</li><li>• Double round house kick</li><li>• Running jump round house kick</li></ul>
<b>BREAKING</b>	<ul style="list-style-type: none"><li>• 2 breaking techniques</li></ul>
<b>SPARRING</b>	<ul style="list-style-type: none"><li>• Full contact sparring</li></ul>
<b>ATTENDANCE</b>	<ul style="list-style-type: none"><li>• 2 Life Coaching Sessions (for students who are under 18 years old)</li><li>• 12 Training Days</li></ul>
<b>Q &amp; A</b>	<ul style="list-style-type: none"><li>• The student must correctly answer the questions asked by the Master.</li></ul>
<b>PLEDGE</b>	<ul style="list-style-type: none"><li>• As a More Than Medals Student, I train as a lifestyle to honor my parents, respect my seniors and be courteous to all people. I practice control over my emotions and actions and I never use the martial arts for selfish reasons. I apply the principles learned in the dojang to my everyday life by being honest, reliable and trustworthy. I am proud to be a More Than Medals student. I lift up the race and the heritage that I come from. And with all of my abilities, I will serve God, this country, and my fellowmen (Sir/Ma'am)!</li></ul>