

Green Belt Curriculum

Class points before being eligible for promotion testing: **A minimum 24–36 points, 2–3 classes per week consecutively, are required.**

Traditional Taekwondo

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Back Stance (BS)	<input type="checkbox"/>	<input type="checkbox"/>			
Marching Series 3 (BS)	<input type="checkbox"/>	<input type="checkbox"/>			
Taegeuk 3 - Sam Jang	<input type="checkbox"/>	<input type="checkbox"/>			

Footwork and Conditioning

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Taekwondo specific conditioning sheet	<input type="checkbox"/>	<input type="checkbox"/>			

Strikes

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Hopping (Edan) Kicks (FK,AK,RK,SK,PK,DK)	<input type="checkbox"/>	<input type="checkbox"/>			
Cut Kicks (FK,AK,RK,DK,BK)	<input type="checkbox"/>	<input type="checkbox"/>			

Other Skills and Knowledge

Technique	Student's Confidence	Mentor Validation	Mentor's Name	Date	Notes
Theme "Indomitable Spirit"	<input type="checkbox"/>	<input type="checkbox"/>			
Wood Breaking - 3600 Round Kick	<input type="checkbox"/>	<input type="checkbox"/>			
Sparring	<input type="checkbox"/>	<input type="checkbox"/>			