

# **WU'S TAE KWON DO SCHOOL (CANADA)**

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## **GREEN BELT SYLLABUS**

### **GREEN BELT (6 GEUP) TO GREEN BLUE BELT (5 GEUP)**

1. Poomsae – Taeguk 3
2. Step Sparring – 5 x Green Belt Step Sparring
3. Kicking
  - White to Yellow Green Belt Kicking
  - Back Hook Kick, One Step Forward Back Hook Kick
  - Jump Side Kick
4. Taeguk 2 and 5 x Yellow Green Belt Step Sparring (13 years old and up)
5. Minimum 12 Lessons of Training