



**TAEKWONDO AMERICA**

**GREEN BELT**

# GREEN AND SENIOR GREEN BELT

## PATTERN

### WON-HYO

27 Movements

*Was the noted Monk who introduced Buddhism to the Silla Dynasty in the year 686 A.D.*

#### Stance B

- |   |                    |
|---|--------------------|
| 1. Left Square Block                            | Left Back Stance   |
| 2. Right Reverse Outside Knifehand Strike High  | Left Back Stance   |
| 3. Left Punch Middle                            | Left Fixed Stance  |
| 4. Right Square Block                           | Right Back Stance  |
| 5. Left Reverse Outside Knifehand Strike High   | Right Back Stance  |
| 6. Right Punch-Middle                           | Right Fixed Stance |
| 7. Left Double Fist Block                       | Closed Stance      |
| 8. Left Side Kick                               |                    |
| 9. Left Double Knifehand Block                  | Left Back Stance   |
| 10. Right Double Knifehand Block                | Right Back Stance  |
| 11. Left Double Knifehand Block                 | Left Back Stance   |
| 12. <b>Right Spearhand Middle (Ki-Hap)</b>      | Right Front Stance |
| 13. Left Square Block                           | Left Back Stance   |
| 14. Right Reverse Outside Knifehand Strike High | Left Back Stance   |
| 15. Left Punch Middle                           | Left Fixed Stance  |
| 16. Right Square Block                          | Right Back Stance  |
| 17. Left Reverse Outside Knifehand Strike High  | Right Back Stance  |
| 18. Right Punch Middle                          | Right Fixed Stance |
| 19. Right Reverse Inner Forearm Block           | Left Front Stance  |
| 20. Right Front Kick                            |                    |



21. Left Reverse Punch Middle	Right Front Stance
22. Left Reverse Inner Forearm Block	Right Front Stance
23. Left Front Kick	
24. Right Reverse Punch Middle	Left Front Stance
25. <b>Right Side Kick (Ki-Hap)</b>	
26. Left Double Fist Block	Left Back Stance
27. Right Double Fist Block	Right Back Stance



## FREE SPARRING

In Free Sparring, partners are not restricted by a set pattern of movements like One-steps or Sparring Combinations. Free Sparring allows students to test their skills against each other and encourages students to implement the skills and techniques practiced in class. All Green Belts and above practice Free Sparring in class, tournaments, and testings.

## RULES OF ENGAGEMENT

- Note: The rules of Sparring are identical to that of Sparring Combinations. The only difference is that in free sparring, students are no longer restricted by a set pattern of movements.
- Sparring should never be attempted without direct supervision of an Instructor and only red, Taekwondo America brand gear may be used. This includes hand gear, foot gear, head gear, guards, elbow pads, a mouthpiece and, for men, a groin protector.
- Before each match, the partners should bow and touch gloves. This is a show of respect and courtesy and indicates both partners are ready to begin.
- While fighting stances vary greatly, most follow the following principles:
  1. Hands are up around the chin. This makes blocking techniques to the head much easier.
  2. Body is turned sideways. This limits the surface area that is exposed to the opponent
  3. Light on your feet. This makes it easier to move and evade incoming techniques.
  4. Eyes on your partner.
- Light contact is acceptable and encouraged. Impact, striking forcefully which may result in injury, is not allowed and should be immediately addressed by the partners or instructors. If the level of control is exceeded, apologize sincerely and immediately.
- Legal target areas are the chest, above the belt, and the headgear. Which may be struck with either the hands or feet.
- Striking with the knees or elbows is prohibited. Any contact to the throat, face, back or below the belt is strictly prohibited. Sweeps, takedowns, grabbing and grappling are also prohibited.
- Sparring may be stopped at any time by either partner for any reason and is signaled by holding up both of their hands.
- Never continue sparring if either partner is injured or can no longer defend themselves.
- At the end of each match, the partners should again bow and touch gloves.



## TOURNAMENT SPARRING

Unlike Free Sparring, tournament sparring is designed to see which student is the better point sparrer.

Due to the competitive nature of Tournament Sparring, judges watch the match and award points and assign warnings based on the techniques thrown and where the techniques make contact.

### RULES OF ENGAGEMENT

- All Free Sparring Rules of Engagement should be followed, except **that punching to the head is prohibited.**
- The participants should follow the commands of the judges at all times. When a judge yells "Break!" the participants should immediately stop sparring and return to their original positions.
- Points are awarded for:
  1. Punch or Kick to the body (1 point)
  2. Kick to the head (2 points)
  3. Jump or Spin Kick to the body (2 points)
  4. Jump Spin Kick to the body (3 points)
  5. Jump or Spin Kick to the head (3 points)
  6. Jump Spin Kick to the head (4 points)
- Warnings are assigned for:
  1. Striking an illegal target area, i.e. punching to the head or face, kicking to the back or below the belt (1 warning)
  2. Excessive contact (1 warning)
  3. Excessive contact to an illegal target area (2 warnings)
  4. Contact that draws blood (3 warnings)
  5. Unsportsmanlike or dangerous conduct (3 warnings)
- A majority of judges must agree to assign warnings. If a participant receives a warning their opponent receives a corresponding amount of points: 1 point for the first warning, 2 points for the second warning. Three warnings results in immediate disqualification.
- At the end of the one-minute match, the judges compare scores. A majority of judges must agree to award a victory. In the event of a tie, the match continues with a 15 second overtime and the judges compare scores again. Warnings are carried into overtime.

