**Green Belt with Stripe (5th Gup) Study Guide**

This Study Guide is designed to prepare you for your written examination. The answers to the questions below are found in your Student Manual. If you have any questions about the material, be sure to ask an Instructor. You are responsible for anything on previous Study Guides. You are also responsible for reading the Studio (Dojang) Newsletter. There may be questions on your test about the articles. This worksheet must be filled out and submitted in order to test.

**Terminology**

One \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ World Tang Soo Do Association \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Two \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Self Defense \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Three \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Breaking \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Four \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Beginner \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Five \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Front Stretch Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Six \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Side Stretch Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Seven \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Knee Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Eight \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Jumping Spinning 180° Back Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Nine \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Jumping Spinning 360° Back Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Ten \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hammer Fist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Hand \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Back Fist \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Front Stance Double Hand Inside Outside Block \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hand One Steps \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Fighting Stance Double Hand Inside Outside Block \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Foot One Steps \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

One Stage Jump Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Begin \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Two Stage Jump Kick \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Stop \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**General Knowledge** (write answers on back of this sheet)

1. Name & Explain 5 things about the American Flag. 2. Know the term for National Flag.

3. Name & Explain 5 things about the Korean Flag. 4. Know the name of the Korean Flag.

5. What does “Tang Soo Do” mean? 6. What does the Green Belt represent?

7. Know ALL the Commands for Starting and Dismissing Class in English and Korean.

**History**

1. Who was Won Kwang? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. Who were the Hwa Rang Dan? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. What is the Mooyae Dobo Tongji? \_\_\_\_\_\_\_\_\_\_\_ 4. What happened in 668AD? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Forms**

Peace and Confidence Form #2 – **Pyung Ahn E Dan**

Creator – **Master Anko Itosu**

Date Created – **1870**

Place Created – **Hunan Province, Southern China**

Number of Moves – **29**

Original Name – **Jae Nam**