

AMERICAN ACADEMY OF TAE KWON DO

416 W. Bedford-Euless Rd. • Hurst, TX 76053 • (817) 343-4179 • www.lightemuptkd.com

Green Belt Study Guide

Category	Description
Poomsae (Form)	Taeguk Form 3
Self-Defense	Choke Holds
Kicking/Hand Technique	Front Hook, Back Hook, Step Behind Side Kick, 5 way knife hand drill
Stances/Movements	Back Stance, Reverse Step
Breaking	Axe Kick
Sparring	4 Rounds
School Knowledge	Meaning of Tae Guk Form 2 & 3

