

6th kup Green Belt Merit Badges.
To be done in order.



1. Inner forearm circular block.
All inner forearm blocks no.21



2. Turning kick no.11



3. Push up's. Number dependant on age.
Minimum will be 20, the most 40.



4. 3 Step semi Free sparring- kicking no.78



5. Side kick from bending ready stance A
& all kicks to pads no.12



6. All hand techniques from white belt to Green
with terminology no.3

5th kup Green belt blue tags Merit badges



1. Reverse Turning kick no.14



2. All new moves in Yul-Gok & terminology
for each new move no.72



3. Jumping & flying side kick to pads,
boards and air no.15



4. 2 step sparring. Arranged & unarranged
no.28



5. 100 of any TKD relevent exercise.
Must be done correctly no.77



6. Free sparring. Technichal & tournament.
no.34