

Green Belt Worksheet

Green Belt- Speedy Development

Do Jahng- Martial Arts School

Definitions:

Trust- To place confidence on someone

Confidence- Faith that one will act right and properly

Questions:

What is the full name of your Martial Art? (Hint: 5 word name)

What does each word mean?

What does Hard Style Martial Art mean?

What does Soft Style Martial Art mean?

What style martial art is Hap Ki Do?

Know all Orange Belt Kicks by Traditional Names