

# Grading Information 7<sup>th</sup> KUP Green Tag

## Practical

Pattern Do San

### **LINEWORK**

Forwards straight fingertip thrust walking stance

Backwards side backfist strike walking stance

Forwards turning kick knife hand guarding block I stance

Backwards wedging block walking stance

Forwards side kick forearm guarding block I stance

3 step sparring (5-7)

## Theory

### **Meaning of Green Belt**

The meaning of green signifies the plants growth as the Tae Kwon Do skill begins to develop.

### **Interpretation of Pattern Do San (24 Movements)**

Do San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

## English to Korean Translation

### **STANCES**

Parallel Ready Stance

Narani jumbi sogi

Walking Stance

Gunnun sogi

L Stance

Niunja sogi

Sitting Stance

Annun sogi

### **BLOCKS**

High Outer Forearm Outward block

Nopundi bakat palmok bakuro makgi

Knifehand Guarding Block

Sonkal daebi makgi

Wedging Block

Hechyo makgi

Rising Block

Chookyo makgi

Waist Block

Hori makgi

Forearm Guarding Block

Palmok daebi makgi

### **ATTACKS**

Middle Reverse Punch

Kaunde bandae jirugi

Middle Straight Fingertip Thrust

Kaunde sun sonkut tulgi

High Side Backfist Strike

Nopunde yop dung joomak taerigi

Middle Front Snap Kick

Kaunde apcha busigi

Middle Side Knifehand Strike

Kaunde sonkal yop taerigi

Side Kick

Yop chagi

Turning Kick

Dollyo chagi

### **MISCELLANEOUS**

3 Step Sparring

Sambo matsoki

Foot Sword

Balkal

Ball of Foot

Apkumuchi

Release From Grab

Japp yosul tae

**Important**  
**Revise Previous Sheets**