



Brownhills Tae Kwon Do Tigers

7th KUP Green Tag Grading Sheet

Practical

Line up come to attention & bow to Master.

Say your name and 7th KUP Sir holding up your right hand.

Pattern Do San.

Free sparring

Line work

Forwards fingertip thrust walking stance

Backwards Backfist Strike in L stance

Forwards sidekick guarding block L stance

Backwards wedging block in walking stance

Theory

Questions

What is the meaning of Do San?

How many moves in Do San?

What does green signifies?

Wedging block?

Backfist?

Answers

Do San is the pseudonym, (soo –dan-um) of the patriot An Chang Ho.

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The plants growth

Hechyo makgi

Dung joomak

REMEMBER!!!

No talking in line or at the back of the Dojang while the grading is taking place.

No running around before the grading, just practice.

Call your Instructor, Master or any other black belts Sir for males and Mamm for females.

When leaving the Dojang make sure to bow at the door and leave quietly.