



7th gup High Yellow–6th gup Green Belt Training Sheet —Know all previous techniques!

Definitions

Do-San:

Do-San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement. (24 movements)

Help point:

Do-San is the first pattern with kicking techniques. Make sure to pull your toes back to expose the ball of your foot but try not to pull your instep back as well. Your foot should be pointed away from you as when executing a front instep kick, only the toes should be retracted. Remember, you are delivering this kick to a target which is perpendicular to the floor; you are not kicking upward.

Definition of the South Korean Flag: Tae-geuk-gi

The center circle is divided equally into the yang (red) on top and the um (blue) on the bottom. These two halves express the dualism of the cosmos, for example, fire/water, heat/cold, day/night. The four corner bars also carry the idea of opposition and balance. From the top left clockwise, they represent heaven (keon), water (gam), earth (gan), fire (ri). The white background symbolizes purity and sincerity.

Definition of Rank: Green—Green signifies the plant's growth as Taekwon-Do skills begin to develop.

Definition of Courtesy: Polite behavior; gracious manners.

Definition of Integrity: Pure character; knowing right from wrong; honesty, rigid loyalty to a code of behavior.

Kicks and Foot Techniques

- Turning kick with ball of the foot
- Stepping side kick
- Spinning back kick
- Stepping hook kick with front leg (striking with back of heel)

Hand Techniques

- Reverse punch
- Spear hand strike (straight fingertip strike as in Kibon 3)
- Wedging block
- High outside block
- Spinning back fist in front stance
- Back fist (high section)

Patterns

Do-San

All previous patterns and kibons

Kibon #4—Step into a left front stance while performing a twin low block.

1. Perform a rising kick with the right foot and then place the right foot back where it began while executing a twin low block. Perform a right front snap kick with the ball of the foot. Place right foot next to left foot then step back into a right front stance while executing a twin low block.
2. Perform a rising kick with the left foot and then place the left foot back where it began while executing a twin low block. Perform a left front snap kick with the ball of the foot. Place left foot next to right foot.
3. Pick up right foot and turn clockwise 180 degrees and step into a right front stance while executing a twin low block.
4. Perform a rising kick with the left foot and then place it back where it began and execute a twin low block. Perform a left front snap kick with the ball of the foot and then place the left foot next to the right foot
5. Step back with the right foot into a left front stance.
6. Perform a rising kick with the right foot and then place the right foot back where it began while executing a twin low block. Perform a right front snap kick with the ball of the foot. Place right foot next to left foot and then turn counterclockwise stepping with the left foot to create a horse riding stance.

Technical Knowledge

- Definition of Do-San
- Definition of rank: green
- All previous knowledge
- Definition of the South Korean flag
- Definition of courtesy and integrity

Self Defense

Be prepared for all previously learned self defense movements

Against a head lock

Against a reverse bear hug

Sparring

One steps (minimum of 4, one with a jumping kick, three practical self defense techniques)

Free sparring (no contact)

Breaking

Techniques and number of boards will be determined by the testing board