



GREEN TAG - 7 th KUP GRADE (FOR GREEN BELT)

PRACTICAL TEST

PATTERNS

- **Do-San Tul** (24 Movements)
- **Dan-Gun Tul** (21 Movements)
- **Chon-Ji Tul** (19 Movements)

Do-San is the pseudonym of the patriot Ahn Chang-Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and to its independence movement.

BASIC HAND TECHNIQUES

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| Walking stance outer forearm high side block | - Gunnun so bakat palmok nopunde yop makgi |
| Walking stance back fist high side strike | - Gunnun so dung joomuk nopunde yop taerigi |
| Walking stance straight fingertip thrust | - Gunnun so Sun sonkut tulgi |
| Walking stance outer forearm high wedging block | - Gunnun so bakat palmok heccho makgi |
| Walking stance middle reverse punch | - Gunnun so kaunde bandae jirugi |
| Sitting stance knife hand side strike | Annun so sonkal yop taerigi |

BASIC KICKING TECHNIQUES

- **Inward crescent kick** Anuro chagi
- **Outward crescent kick** Bakuro chagi

COMBINATION TECHNIQUES

- **Walking stance outer forearm high block-middle reverse punch**
- **Walking stance inner forearm block-middle front snap kick-middle double punches**

SYLLABUS 7th KUP



- Walking stance straight fingertip thrust-release grip-spinning back fist
- Walking stance wedging block-front snap kick-double punches
- L stance inside crescent kick-spinning back piercing kick
- L stance outside crescent kick-turning kick

THREE STEP SPARRING : (1-10 SET MOVES)

THREE STEP SEMI FREE SPARRING (INTERMEDIATE)

THEORY TEST

- How many blocking techniques in Do-San Tul ? (4)
- How many moves and the meaning of the pattern ? (see above #)
- What are the offensive techniques in the pattern ? (4)

Semi free sparring	Sambo Banjayoo matsoki
Free sparring	Jayoo Matsoki
Wrist release	Jappyosol
Fixed stance	Gojong sogi
Reverse turning kick	Bandae dollyio chagi
Outer forearm high side block	Bakat palmok napunde yop makgi
Back fist side strike	Dung joomuk yop taerigi
Straight fingertip thrust	Sun sonkut tulgi
Thrust	Tulgi
Knife hand side strike	Sonkal yop taerigi
Knife hand guarding block	Sonkal daebi makgi
Theory of power	<ol style="list-style-type: none"> 1. Reaction force 2. Concentration 3. Balance 4. Breathing 5. Speed 6. Rythym