

7TH KUP REVISION SHEET – YELLOW BELT, GREEN TAG

To pass you grading you will have to demonstrate:

- Anything you have previously learnt plus:
- Outer forearm middle block in L-stance
- Straight fingertip thrust
- Release from a grab
- Back fist side strike
- Wedging block

Interpretation of Do-San – 24 moves

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

Green Belt signifies: The plants growth as Tae Kwon Do skills begin to develop

New moves

Blocks

Hechyo Makgi	-	Wedging Block
Kyocha Joomuk Makgi	-	X-Fist Block
Bakat Palmok Nopunde Makgi	-	Outer Forearm High Section Block
Sonkal Daebi Makgi	-	Knifehand Guarding Block
Hechyo Makgi	-	Wedging Block
Chookyo Makgi	-	Rising Block

Hand movements

Sun Sonkut Tulgi	-	Straight Fingertip Thrust
Japyo Sultae	-	Release from a grab
Sang Sewo Jirugi	-	Twin Vertical Punch
Yop Palkup Tulgi	-	Side Elbow Thrust
Ap Joomuk Bandae Jirugi	-	Forefist Reverse Punch
Sun Sonkut Tulgi	-	Straight Finger Tip Thrust
Dung Joomuk Yop Taerigi	-	Backfist Side Strike
Doo Jirugi	-	Double Punch
Sonkal Yop Taerigi	-	Knifehand Side Strike

Kicks

Remember, you can always be asked the questions that you got wrong last time.

Yop-Chagi	-	Side Kick
Dollyo-Chagi	-	Turning Kick
Ap Cha Busigi	-	Front Snap Kick

Parts of the body

Palkup	-	Elbow
Sonkut	-	Fingertips
Sombadak	-	Palm

Sparring

Three Step Sparring	-	Sambo Matsoki (7-11)
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Examples

1. Walking stance, straight fingertip thrust = Gunnun sogi, sun sonkut tulgi
2. L-stance, palm hand block, side elbow thrust = Niunja sogi, sombadak makgi, yop palkup taerigi

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