

## 7<sup>TH</sup> KUP Grade Sheet – Green Tag to Green Belt

**To pass you grading you will have to demonstrate:**

- Anything you have previously learnt
- Do-San tul
- Outer forearm middle block in L-stance
- Straight fingertip thrust
- Release from a grab
- Back fist side strike
- Wedging block
- Three step sparring (7 to 11)

### **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

Wedging Block	Hechyo Makgi
X-Fist Block	Kyocha Joomuk Makgi
Outer Forearm High Section Block	Bakat Palmok Nopunde Makgi
Knifehand Guarding Block	Sonkal Daebi Makgi
Rising Block	Chookyo Makgi
Straight Fingertip Thrust	Sun Sonkut Tulgi
Release from a grab	Japyo Sultae
Twin Vertical Punch	Sang Sewo Jurigi
Side Elbow Thrust	Yop Palkup Tulgi
Forefist Reverse Punch	Ap Joomuk Bandae Jurigi
Backfist Side Strike	Dung Joomuk Yop Taerigi
Knifehand Side Strike	Sonkal Yop Taerigi
Side Kick	Yop-Chagi
Turning Kick	Dollyo-Chagi
Elbow	Palkup
Fingertips	Sonkut
Palm	Sombadak