



7th Kup Green-Stripe Belt

GRADING INFORMATION: A licence/renewal costs £42 for 12 months.

The cost per grading is £32.

TAGB White Dobok suits must be worn for grading - these can be purchased at £38 for sizes 2 and below, and £40 for sizes 3 and above.

Pattern - Do San

PRACTICAL: Name is called: Shout "Here Sir/Ma'am!", and walk to the spot on the floor.

Attention and bow.

Give your name, followed by grade (7th Kup Sir/Ma'am)

Side Kick, Forearm Guarding Block

Turning Kick, Knife-hand Guarding Block

Walking Stance, Wedging Block

Walking Stance, Straight Fingertip Thrust

Walking Stance, Back fist Side Strike

3 Step Sparring (5 6 7)

THEORY: You will be asked any 3 questions from the following...

Questions from the theory are below. Any previous grading theory could also be asked:

Interpretation of pattern Do San

Do San, 24 movement pattern - is the pseudonym of the patriot Ann Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.

Meaning of Green Belt

Green Belt Signifies the plant's growth as Tae Kwon Do skills begin to develop.

Korean Terminology required:

Outer forearm wedging block **Bakat palmok hechyo makgi**

High outer forearm block **Nopunde bakat palmok makgi**

Inward knife-hand strike **Anuro sonkal taerigi**

Back fist side strike **Dung joomuk yop taerigi**

Straight fingertip thrust **Sun sonkut tulgi**

Front snap kick **Apcha busigi**

Back kick **Dwit chagi**

Wrist release **Japposol tae**

Foot sword **Balkal**

Ball of the foot **Ap kumchi**

Instep **Baldung**

Head **Mori**

Left **Wen** Right **Orun**

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