



# 7th Kup Green-Stripe Belt

**GRADING INFORMATION:** A licence/renewal costs £40 for 12 months.

The cost per grading is £30.

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 **Jappyosol tae**

Foot sword **Balkal**

Ball of the foot **Ap kumchi**

Instep **Baldung**

Head **Mori**

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

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