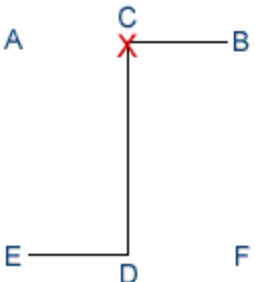


7th Kup Grading Syllabus

Green Tip

Training time	Minimum 3 months
Techniques	<p>High Outer Forearm Block <i>Napunde Bakat Palmok Makgi</i></p> <p>Straight Fingertip Thrust <i>Son Sonkut Tulgi</i></p> <p>High Backfist Side Strike <i>Napunde Dung Jamook Yop Taerigi</i></p> <p>High Forearm Wedging Block <i>Napunde Palmok Hetchyo Makgi</i></p> <p>Middle Outward Knifehand Strike from Sitting Stance <i>Kaunde Bakuro Sonkal Taerigi Annun Sogi</i></p>
Patterns	Do-San
Sparring	<p>Three Step Sparring - <i>Sambo Matsogi</i></p> <p>Three Step Semi Free Sparring - <i>Bande Gyo Matsogi</i></p>
Theory	<ul style="list-style-type: none"> ▪ Who or what is Do-San? 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 its independence movement. ▪ How many movements are in the Pattern Do-San? 24 ▪ What does the belt colour green signify? Green is the plant as the seed takes root and Tae Kwon-Do skills further develop
Do-San	 <p>The diagram illustrates the Do-San pattern as a square with vertices labeled A, B, C, and D. A red 'X' is placed at vertex C. Points E and F are also marked, with E connected to D and F positioned to the right of D.</p>
<p>Ready Posture - PARALLEL READY STANCE</p> <ol style="list-style-type: none"> 1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm. 2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B. 	

3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm.
 4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A.
 5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand.
 6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip.
 7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist.
 8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist.
 9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm.
 10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E.
 11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm.
 12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F.
 13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm.
 14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13.
 15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist.
 16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion.
 17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm.
 18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17.
 19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist.
 20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion.
 21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm.
 22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm.
 23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand.
 24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand.
- END: Bring the right foot back to a ready posture.