

7th Gup Requirements

7TH

Patterns

- Do-San Tul

Kicking

- Hooking kick (Golcho Chagi)

Blocking

- Wedging block (Hechyo Makgi)
- Outer forearm high block (Bakat Palmok Nopunde Makgi)

Striking

- Knifehand Inward strike (Sonkal Anuro Taerigi)
- Back fist high side strike (Dung Joomuk Nopunde Yop Taerigi)
- Straight fingertip thrust (Sun Sonkut Tulgi)

Sparring

- 3-step sparring moves from your patterns (Sambo Matsogi)
- Free sparring (Jayo Matsogi)

Self-Defence

Lapel / Collar grabs

Terminology/Theory

- Meaning and number of movements in Do-San
- Meaning of green belt
- Names and application of fundamental movements (as above)

Additional requirements

- Sections of the body (high, middle, low)
- Reverse turning kick attacking tool - heel of foot
- Breaking elbow strike

Attendance

Recommended minimum 70 classes

Do-San (24 movements)

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.

SPIRIT Testing examiners Choice