

What does green belt signify? “A green belt signifies the plant’s growth as the Tae Kwon-Do skills begin to develop”.



Pattern **DO-SAN** (24 movements) *meaning*

‘DO-SAN is the pseudonym of the patriot Ahn Ch’ang-Ho (1876 – 1938), who devoted his life to furthering the education of Korea and it’s independent movement.’

General terms

- Straight – **SUN**
- Thrust - **TULGI**

Parts of the body

- Finger – **SONGARAK**
- As a group fingertips – **SONKUT**

Stances

- Fixed stance – **GOJONG SOGI**

Basic Movements (Defensive)

- Wedging block – **HECHYO MAKGI**
- Release move – **JAPPYOSOL TAE**

Basic Movements (Offensive)

- Straight spear fingertip thrust – **SUN SONKUT TULGI**
- Backfist side strike – **DUNG JOOMUK YOP TAERIGI**
- Side piercing kick – **YOP CHA JURIGI**

YOUR 7th KUP GRADING

- IDENTIFY YOURSELF
- WALKING STANCE – BACKFIST SIDE STRIKE
- TURNING KICK – LAND KNIFEHAND GUARDING BLOCK
- WALKING STANCE – WEDGING BLOCK
- SIDE KICK LAND GUARDING BLOCK
- WALKING STANCE – STRAIGHT SPEAR FINGER TIP THRUST
- PATTERN – DO-SAN
- THREE STEP SPARRING – NUMBERS 5, 6 & 7
- ALL THEORY UP TO AND INCLUDING THIS PAGE