

FITNESS

- ☐ 30 sec. Push Ups
- ☐ 30 sec. Sit Up
- ☐ 30 sec. Cons Front Kicks ea leg

SPECIALTY KICKING**Combination Kicking Advancing**

- ☐ Front/Side ☐ Front/Turning

Reverse (Spinning)

- ☐ Reverse Spin Side Kick
- ☐ Reverse Spin Hooking

SELF DEFENSE #1-2 of 6

- ☐ 1. 1 Hand Lapel Grab or Choke
- ☐ 2. 2 Hand Lapel Grab or Choke

-1- STEP SPARRING #1-2 of 6

- ☐ 1. L Block / R High Punch (simultaneous)
- ☐ 2. L Palm Block, R Middle Punch

- ☐ **PATTERN** Dan Gun
- ☐ **PATTERN** Do San

☐ **Educational Requirements**

-See requirement listed-

SPARRING

NOTE: Sparring "Safety Gear" is Required at this level.

- ☐ Sparring Footwork #1-7
- ☐ Free Sparring - Line Up By Height

☐ **FOCUS BREAK**

Adult- Front Kick
Spin Side Kick
Junior- Spin Side Kick

*2 Board Required- 1' x 12" #2 Pine
Adult cut every 10 " Junior cut every 8 "

EDUCATION TEST REQUIREMENT

- ☐ **PATTERN** Dan Gun **21 Moves**
- ☐ **PATTERN** Do San **24 Moves**

☐ **DO SAN MEANING:** 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.

☐ **READY POSTURE** Parallel Ready Stance

☐ **Show these vital attack spots:**

| | | |
|----------------|---------------|--------|
| Temple | Sternum | Groin |
| Bridge of Nose | Solar Plexus | Knee |
| Philtrum | Elbow | Shin |
| Jaw | Floating Ribs | Instep |
| Point of Chin | Small of Back | |
| Throat | Kidney | |
| Clavicle | Lower Abdomen | |

☐ **Describe the "basic theory of power"**

Mass X Speed = Force

☐ **Study Korean Terminology**

Attention: Charyot **Instructor:** Sabum nim

Bow: Kyong Ye **Uniform:** Do Bok

Ready: Joon Be **School:** Do Jang

Start: She Jak **Degree:** Dan

Stop: Go Mah **Grade:** Gup

☐ **Describe "fast" motion**

2 techniques, 2 sine-waves, 2 breathes, 1 1/2 beats.
Use a "sharp" completed motion for each move.
Usually associated with punches or strikes.

☐ **Where is Fast motion in your pattern?**

Moves 15 & 16 19 & 20

☐ **What does "PERSEVERANCE" mean?**

To always keep trying and never give up.

☐ **What does a Green Belt represent ?**

The green of the trees, indicating the student is growing to reach great heights as his Taekwon-Do skills develop.

PATTERN REQUIREMENT

Patterns can be seen on line at www.ktkdmembers.com

DO SAN 24 Moves Parallel Ready Stance

| Count | Technique | Stance | Facing | Comment |
|-------|------------------------------------|---------|--------|-----------------------------------|
| 1. | L Outer Forearm High Side Block | Walking | B | No Step |
| 2. | R Middle Punch | Walking | B | |
| | <i>Spot Turn</i> | | | |
| 3. | R Outer Forearm High Side Block | Walking | A | Turning Counter-Clockwise |
| 4. | L Middle Punch | Walking | A | |
| 5. | Double Knifehand Middle Guard | L | D | |
| 6. | R Straight Fingertip Middle Thrust | Walking | D | |
| 7. | L High Side Backfist Strike | Walking | D | |
| 8. | R High Side Backfist Strike | Walking | D | |
| 9. | L Outer Forearm High Side Block | Walking | A | Perform 15 & 16 in "fast" motion" |
| 10. | R Middle Punch | Walking | A | |
| | <i>Spot Turn</i> | | | |
| 11. | R Outer Forearm High Side Block | Walking | B | |
| 12. | L Middle Punch | Walking | B | Perform 19 & 20 in "fast" motion" |
| 13. | Outer Forearm Wedge Block | Walking | AC | |
| 14. | R Middle Front Kick | | | |
| 15. | R Middle Punch | Walking | AC | |
| 16. | L Middle Punch | Walking | AC | |
| 17. | Outer Forearm Wedge Block | Walking | BC | |
| 18. | L Middle Front Kick | | | |
| 19. | L Middle Punch | Walking | B | |
| 20. | R Middle Punch | Walking | B | |
| 21. | L Outer Forearm High Block | Walking | C | |
| 22. | R Outer Forearm High Block | Walking | C | |
| 23. | L Outward Knifehand Side Strike | Sitting | B | |
| 24. | R Outward Knifehand Side Strike | Sitting | A | |

END: Bring the right foot back to a ready posture.

