

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 Side Kick
- ☐ Reverse Hooking

SELF DEFENSE

1. Hook Punch / Weapon to Head
2. Straight Push / Inside & Outside
3. 2 Hand Pushing - Front/Rear
4. Waist Grab Front/Rear
5. Bear Hug Front/Rear

-1- STEP SPARRING

1. L Block / R High Punch (simultaneous)
2. L Palm Block, R Middle Punch
3. Dbl Punch Attack
 - R Inside Outside Outer Forearm Block
 - R Rising Kick, R Upset Punch
4. R KnifeHand Block, R Hooking Kick
5. R KnifeHand Block, R Side Kick
6. R KnifeHand Block, R Turning Kick

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.usaunified.com

DO SAN 24 Moves Parallel Ready Stance

Count	Technique	Stance	Facing	Comment
1.	L Outer Forearm High Side Block	Walking	B	
2.	R Middle Punch	Walking	B	No Step
	Spot Turn			
3.	R Outer Forearm High Side Block	Walking	A	
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	Turning Counter-Clockwise
8.	R High Side Backfist Strike	Walking	D	
9.	L Outer Forearm High Side Block	Walking	A	
10.	R Middle Punch	Walking	A	
	Spot Turn			
11.	R Outer Forearm High Side Block	Walking	B	
12.	L Middle Punch	Walking	B	
13.	Outer Forearm Wedge Block	Walking	AC	
14.	R Middle Front Kick			
15.	R Middle Punch	Walking	AC	
16.	L Middle Punch	Walking	AC	Perform 15 & 16 in "fast" motion
17.	Outer Forearm Wedge Block	Walking	BC	
18.	L Middle Front Kick			
19.	L Middle Punch	Walking	B	
20.	R Middle Punch	Walking	B	Perform 19 & 20 in "fast" motion
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.

