

PRACTICAL

PATTERN DO SAN

LINEWORK

Forward - Straight fingertip thrust walking stance

Backward - Side backfist strike walking stance

Forward - Turning kick knife hand guarding block L stance

Backward - Wedging block walking stance

3 Step Sparring (5-7)

THEORY

MEANING OF GREEN BELT

The meaning of green signifies the plants growth as the Tae Kwon Do skill begins to develop.

INTERPRETATION OF PATTERN DO SAN (24 MOVEMENTS)

Do San is the pseudonym of the patriot, Ahn Chang-Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independent movement.

ENGLISH INTO KOREAN

STANCES

Parallel ready stance

Walking stance

L Stance

Sitting stance

Narani jumbi sogi

Gunnun sogi

Niunja sogi

Annun sogi

BLOCKS

High outer forearm outward block

Knifehand guarding block

Wedging block

Rising block

Waist block

Forearm guarding block

Nopundi bakat palmok bakuro makgi

Sonkal daebi makgi

Hechyo makgi

Chookyo makgi

Hori makgi

Palmok daebi makgi

ATTACKS

Middle reverse punch

Middle straight fingertip thrust

High side backfist strike

Middle front snap kick

Middle side knifehand strike

Side kick

Turning kick

Kaunde bandae jirugi

Kaunde sun sonkut tulgi

Nopunde yop dung joomak taerigi

Kaunde apcha busigi

Kaunde sonkal yop taerigi

Yop chagi

Dollyo chagi

MISCELLANEOUS

3 Step sparring

Foot sword

Ball of foot

Release from grab

Sambo matsoki

Balkal

Apkumuchi

Japp yosul tae