



BURNTWOOD & CANNOCK TAE KWON DO TIGERS

7th KUP GREEN STRIPE BELT GRADING SHEET

PRACTICAL

Line up come to attention & bow to Master

Say your name then 7th Kup sir holding up your right hand

Pattern DO SAN

Free sparring

LINE WORK

Forwards fingertip thrust walking stance

Back backfist in L stance

Forward sidekick guarding block L stance

Back wedging block in walking stance

THEORY

Question:

What is the meaning of Do San

How many moves in Do San

What does green signifies

Wedging block

Backfist

Answer:

*Do San is the pseudonym, (soo-dan-um)
of the patriot An Chang Ho*

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The plants growth

Hechyo makgi

Dung joomak

REMEMBER!

No talking in line or at the back of the Dojang.

No running around before the grading, just practice.

Call your instructor Master and any black belts Sir if male or Mamm if Female.

When you leave, leave quietly.