BURNTWOOD AND CANNOCK TAEKWONDO

7th Kup Green Stripe Belt Grading Sheet

PRACTICAL

Pattern DO SAN
3 step sparring (5-7)

LINE WORK

Forward – Middle section fingertip thrust walking stance
Backward – Side backfist strike L stance
Forward – Turning kick knifehand guarding block L stance
Backward – Wedging block L stance

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, An Chang-Ho (1876-1938) who devoted his entire life to furthering his education and its independent movement.

Stances

Parallel ready stance	Narani junbi sogi
Walking stance	Gunnun sogi
L stance	Niunja sogi
Sitting stance	Annun sogi

Blocks

High outer forearm outward block	Nopundi bakat palmok makgi
Knifehand guarding block	Sonkal daebi makgi
Wedging block	Hechyo makgi
Rising block	Chookyo makgi
Waist block	Hori makgi
Forearm guarding block	Palmok daebi makgi

Attacks

Middle reverse punch	Kaunde bandae jirugi
Middle straight fingertip thrust	Kaunde sun sonkut tulgi
High side backfist strike	Nopunde yop dung joomak taerigi
Middle front snap kick	Kaunde apcha busigi
Middle side knifehand strike	Kaunde sonkal yop taerigi
Side kick	Yop chagi
Turning kick	Dollyo chagi

Miscellaneous

3 step sparring	Sambo matsoki
Release from grab	Japp yosul tae

IMPORTANT – REVISE PREVIOUS SHEET