BURNTWOOD AND CANNOCK TAEKWONDO TIGERS

7th Kup Green Stripe Belt Grading Sheet

PRACTICAL

Line up in front of the Master in attention stance
Come to attention and bow
Say your name and then 7th Kup Sir, holding up your right hand
Pattern DO SAN
Free sparring

LINE WORK

Forwards in walking stance front kick double punch
Backwards in L stance backfist strike
Forwards in L stance sidekick forearm guarding block
Backwards in L stance forearm guarding block

THEORY

Question:	**Answer:**
What is the meaning of Do San?	Do San is the pseudonym (soo-dan-um) of the patriot An Chang Ho
How many moves in Do San?	24
What does green signify?	The plants growth
What is front kick?	Ap chagi
What is wedging block?	Hechyo makgi
What is backfist strike?	Dung joomak taerigi

REMEMBER!

No talking in line or at the back of the Dojang.
No running around before the grading, just practise.
Call your instructor Sir or Master.
Call any black belts Sir if they're male or Mamm if they're female.
When you leave, leave quietly.