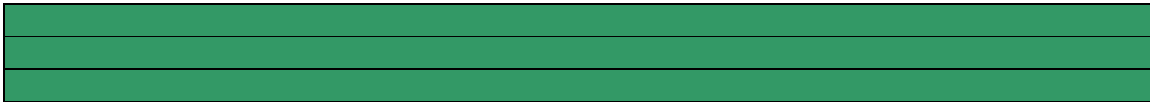


**7<sup>th</sup> Kup - Yellow Belt/Green tag Study Sheet.**



Green signifies the plant's growth as the Taekwon-Do skill begins to develop.



**Parts of Body**

Heel - Dwitchook  
Reverse - Sonkal Dung  
Knifehand  
Toes - Balkut  
Reverse - Balkal Dung  
Footsword

**Stance - Sogi**

Low - Nachuo  
Rear foot - Dwitbal  
Close - Moa

**Misc Technical**

Flat Fingertip Thrust - Opun sonkut tulgi  
Circular block - Dollymio makgi  
Palm upward block - Sonbadak ollyo makgi  
Release from grab Jappyosul tae  
Choking techniques Chil Sik Sul

**Kicks – Chagi**

Reverse turning kick - Badae dollyo chagi  
Reverse turning - Badae dollyo goro chagi  
hooking kick (spinning  
hooking kick)  
Hooking kick - Goro Chagi  
(attacking)  
Knee Kick Moorup Chagi

## **Measurements of Stance**

Low stance is similar to walking stance, though longer by one foot length.

Rear foot stance - the advantage of this stance is that you can kick or adjust distance easily. It is one should width long from front toes to rear foot. The front toes point inward at approx. 25° and the rear foot in at approx. 15°. Most of the weight is on the rear leg. When the right leg is behind, it is called a right rear foot stance and so on.

## 7<sup>th</sup> Kup Pattern: **Do-San** (24 Movements)

Do-San is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938). The 24 movements represent his entire life, which he devoted to furthering the education of Korea and its independence movement

Notes on Do San. Do San means "Island Mountain".

## **Three Step Sparring (Sambo Matsoki)**      **Number 4 & 5**

**Attack** – always 3 mid-section obverse punches in walking stance

1. Face partner, attention and bow.
2. Measure up to your partner, right foot back into walking stance, low block.
3. When signalled step forward in walking stance high section obverse punch 3 times.

## **Defence as below**

4. Left leg back, left 'L' stance outer forearm block with right arm to outside of punch. Third move, slip left foot to the outside of attacker's leg, performing sitting stance in 45° to attacker. Demonstrate a slow left measure punch, then fast double punch to mid section. The target is the floating ribs.
5. Right leg back, right 'L' stance middle outer forearm block. On the third move, slip the front right foot out to form a sitting stance 45° to the attacker. Simultaneously with the third block, execute a right high front punch to the point of the attacker's chin.

## **Note**

You will also be required to perform 3 step sparring (1 to 3) for this grading - refer to your previous worksheets.

## **Three Step Semi-Free Sparring**      **(Ban-jayoo Matsoki)**

The Attacker starts in L-stance/Forearm guarding block position. The Defender makes the same stance. The Attacker kiaps to signal he is ready to attack and the Defender does likewise to signal that he is ready to defend.

The Attacker moves forward making 3 attacks. The Defender blocks, guards against the attack, or dodges and then performs a counter-attack of their choosing. The roles are then reversed.

The Attacker must make 3 steps forward and the Defender must make 3 moves backwards.

**Self-defence Techniques (Hosin Sul) No 4. Single collar hold + previous**

**Pad Work (Byogae)**

Measure kick using Hook Kick and possible other kicks.