

## 7<sup>th</sup> Kup Grading Requirements

### Syllabus – For promotion to 6<sup>th</sup> Kup (Green Belt)

1. Pattern – Do-San
2. Up & Down Movements  
Forwards – Front Snap Kick, (Reaction) Double Punch  
Backwards – Low Section Outer Forearm Block; Outer Forearm Rising Block
3. Sparring & 3-Step Sparring
4. Destruction – Side Piercing Kick (both legs)  
Measuring and breaking, utilising relevant part of foot
5. Terminology

NOTE: Revise all previous (physical & terminology)

### Terminology

1

Do-San – 24 Movements (Ready Posture = *NARANI JUNBI SOGI*)

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

2

GENERAL TERMINOLOGY

WEDGING

HECHYO

FINGERTIP

SUN SONKUT

THRUST

TULGI

CENTRE-LINE TURN

GUJARI DOLGI

RELEASING MOVEMENT

BAEGI

BACK FIST

DUNG JOOMUK

FOREARM GUARDING BLOCK

PALMOK DAEBI MAKGI

FREE SPARRING

JAYU MATSOGI

3-STEP SPARRING

SAMBO MATSOGI

3

NEW MOVES IN DO-SAN

HIGH SECTION OUTER FOREARM BLOCK

NOPUNDE BAKAT PALMOK MAKGI

STRAIGHT FINGERTIP THRUST

SUN SONKUT TULGI

HIGH SECTION OUTER FOREARM WEDGING BLOCK

NOPUNDE BAKAT PALMOK HECHYO MAKGI

EXTRA INFO...

INWARD BLOCK

ANURO MAKGI

= any block which **travels** inward, **towards the users body**

OUTWARD BLOCK

BAKURO MAKGI

= any block which **travels** outward, **away from the users body**

INSIDE BLOCK

AN MAKGI

= any block which **exposes** the **inside of the opponents body** to a counter attack

OUTSIDE BLOCK

BAKAT MAKGI

= any block which **exposes** the **outside of the opponents body** to a counter attack

e.g. The middle block in Choon-Ji is a...

MIDDLE SECTION INNER FOREARM, OUTWARD BLOCK

KAUNDE AN PALMOCK, BAKARU MAKGI

COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

4	<b>MEANING OF THE COLOUR GREEN</b>  Green signifies the plants growth as Taekwon-Do skills begin to develop.
5	<b>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN DO-SAN...</b>  e.g.      1 <sup>st</sup> movement <i>WEN GUNNUN SO, NOPUNDE BAKAT PALMOK YOP MAKGI</i> 6 <sup>th</sup> movement <i>ORUN GUNNUN SO, SUN-SONKUT TULGI</i> 8 <sup>TH</sup> movement <i>ORUN GUNNUN SO, NOPUNDE DUNG JOOMOK TAERIGI</i>
6	<b>SIDE PIERCING KICK – YOP CHA JIRUGI</b>  Part of use...  FOOT SWORD <i>BALKAL</i>