



7th kup Theory Summary

Do-San – 도산 – 24 movements	Dan-Gun Diagrammatic Symbol
Do-San is the pseudonym of the patriot An Chang-Ho (1876-1938) , who devoted his entire life to furthering the education of Korea and its independence movement	
Belt Meaning	Jayoo Matsogi
Green - signifies the plant's growth , as Taekwon-Do skills begin to develop.	Free sparring uses Taekwon-Do as a semi-contact sport. As well as focus, distance and timing , free sparring improves awareness and reaction speed .
Motions (Dongjak) and Turning (Dolgi)	
Yongsok Dongjak – continuous motion Two or more techniques performed with no pause in between. Each technique is executed separately and in full. Always begins with a block.	Barun Dongjak – fast motion Two or more techniques performed with urgency. First technique has a full sine wave, techniques after the first are performed with a reduced sine wave.
Omgyo Didimyo Dolgi – Step turning Change direction to face an opponent at any angle, from 0 to 360 degrees.	Gujari Dolgi – Spot turning Change direction to face an opponent directly behind, 180 degrees only. One foot is moved to the centre line of the stance (one foot's length behind its original position) and used to pivot the body, the other foot then moves to the final position.
Technique Terminology	
Directions <ul style="list-style-type: none"> Upward – Ollyo Downward - Naeryo 	Techniques <ul style="list-style-type: none"> Back piercing kick – Dwit cha jirugi Side punch – Yop jirugi Inward knife-hand strike – Anuro sonkal taerigi Circular block – Dollimyo makgi High wedging block – Nopunde hechyo makgi High outer forearm block – Nopunde bakat palmok makgi Knife-hand guarding block – Sonkal daebi makgi Straight fingertip thrust – Sun sonkut tulgi High backfist strike – Nopunde dung joomuk taerigi Middle front snap kick – Kaunde ap cha busigi
Movements <ul style="list-style-type: none"> Grab – Jupgi Release from grab – Japyosol tae 	
Stances <ul style="list-style-type: none"> Fixed stance – Gojung sogi Bending ready stance A – Guburyo junbi sogi A 	
Motions/Turns <ul style="list-style-type: none"> About turn – Dwiro dora Spot turning – Gujari dolgi Step turning – Omgyo didimyo dolgi Continuous motion – Yongsok dongjak Fast motion – Barun dongjak 	