

### Do-San (7th Kup) Information

1. What is the diagram of the pattern ?
2. What is the meaning of Do-San ?
3. How many movements does Do-San have ?
4. What is the 7th movement of the pattern ?
5. Name all the blocks you know ?
6. Name all the stances you know ?
7. What are the "Tenets of Tae Kwon Do" ?
8. What is Korean for Backfist ?
9. The Korean word **Jungshin**, what does it mean ?
10. What is **3 step sparring** called in Korean ?
11. What is Korean for **Straight Fingertip Thrust** ?
12. What does the colour of your belt signify ?
13. What section is the Backfist strike aimed at ?
14. What is the Korean for **Wedging Block** ?
15. What is **Semi-Free Sparring** called in Korean ?
16. What is **Free Sparring** called in Korean ?
17. Name all the kicks you know ?

### Additional Techniques For Pattern Do-San

1. Walking Stance, outer forearm high side block
2. Walking stance, straight fingertip thrust
3. Walking stance, Backfist high side strike
4. Walking stance, outer forearm wedging block
5. middle section front snap kick
6. Sitting stance, Knifehand middle side strike