



Promotion Requirements

for Green Belts (7th Gup)



Basic Techniques

Hand Techniques:

Double outer middle block, Fingertip Strike, Backfist Strike, Knifehand Blocks

Kicking Techniques

Step in back kick, Step in Axe kick (bent leg variation also), Padachagi (sliding back turning kick)

Breaking Techniques:

Back kick, Step-in back kick, Jumping front kick

Sparring Step Drills

From Left Sparring Stance (Right leg back)

10) Step-back Padachagi

- Execute ilbo hoojin step with left leg with right down block.
- Slide the front foot back and execute a back leg turning kick simultaneously.
- Chunjin step (slide) forwards to the original position

11) Shuffle-step axe Kick

- Take a half step back with the left leg.
- Take a full step forward with the right leg.
- Perform left axe kick (bent knee variation or straight leg variation).
- Slide back to original position.

12) Step in back kick

- Take an ilbo chunjin step (step forward) and rotate into the back kick position
- Execute back kick
- Slide back with two Hoojin steps.

One Step Sparring Drills

7) Jumping Front Kick and Double Punch

- Move left foot back to right natural stance.
- Execute right jumping front kick and land in right front stance.
- Execute right high punch and left high punch.
- Move right foot back to Joon Bi stance.

8) Out-to-in Middle Block, Elbow Strike, Backfist, and Right Side Kick

- Move right foot forward into sitting stance pivoting whole body 90 degrees to the left and execute right out-to-in middle block.
- Execute right elbow strike.
- Execute right backfist to the face.
- Lean back on left foot, and execute right side kick to the sternum.

9) Left Out-to-in Middle Block, Reverse Backfist, Take Down and Punch

- Move left foot forward into sitting stance pivoting 90 degrees to the right with left out-to-in middle block.
- Reverse step forward with right foot behind partner's right foot followed by right reverse backfist to the temple.
- Grab partner's dobok in the shoulder area, and trip his/her right leg, with take down.
- Execute left punch to the face.

Caution: Continue to hold your partner's uniform while performing the take down to avoid rough landing and injury. Also, to avoid hyperextension of your partner's knee, trip your partner's leg by contacting the calf area, not the behind the knee area.

TAE GEUK SAM CHANG

MOVEMENTS: 20

DEFINITION: Represents actions of Ri principle of Palgwe symbolizing the Fire and the Sun. Fire and the power of the Sun can be deadly or useful. The taekwondoist must learn to control the uncontrolled with versatility and passion.

1. Turn **90 degrees** to the **left** with left leg into **left walking stance** with **left down block**.
2. Throw **back leg(right leg) front kick**, and land forward into **right front stance** with **right middle punch** followed by **left middle punch**.
3. Turn **180 degrees** to the **right** moving the front(right) leg into **right walking stance** with **right down block**.
4. Throw **back(left) front kick**, and land forward into **left front stance** with **left middle punch** followed by **right middle punch**.
5. Turn **90 degrees** to the **left** moving front(left) leg into **left walking stance** with **right outer knifehand strike** to the chin.
6. Move forward with right leg into **right walking stance** with **left outer knifehand strike** to the chin.
7. Turn **90 degrees** to the **left** moving back(left) leg into **left back stance** with **left knifehand outside middle block**.
8. Adjust left leg to **left front stance**, and execute **right middle punch**.(7-8 are one count)
9. Turn **180 degrees** to the **right** moving back(right) leg into **right back stance** with **right knifehand outside middle block**.
10. Adjust right leg to **right front stance**, and execute **left middle punch**.(9-10 are one count)
11. Turn **90 degrees** to the **left** moving back(left) leg into **left walking stance** with **right out-to-in middle block**.
12. Move forward with right leg into **right walking stance** with **left out-to-in middle block**.
13. Turn **270 degrees** to the left moving back(left) leg into **left walking stance** with **left down block**.
14. Throw **back(right) front kick** landing forward into **right front stance** with **right middle punch** followed by **left middle punch**.
15. Turn **180 degrees** to the **right** moving front(right) leg into **right walking stance** with **right down block**.
16. Throw **back(left) front kick** landing forward into **left front stance** with **left middle punch** followed by **right middle punch**.
17. Turn **90 degrees** to the **left** moving front(left) leg into **left walking stance** with **left down block** followed by **right middle punch**.
18. Move forward with right leg into **right walking stance** with **right down block** followed by **left middle punch**.
19. Throw **back(left) front kick** landing forward into **left walking stance** with **left down block**. Immediately follow with **right middle punch**.
20. Throw **back(right) front kick** landing forward into **right walking stance** with **right down block**. Immediately follow with **left middle punch**. Ki-up...Loudly!

DO SAN

MOVEMENTS: 24

DEFINITION: Named after Ahn Chang-Ho (1876-1938), a Korean patriot during the Japanese occupation of Korea from 1910 to 1945 who founded the New Peoples' Society, a secret independence group designed to cultivate nationalism through education and economic policy. The 24 movements represent the number of years he devoted to furthering the education of Korea and its independence movement.

1. Turn 90 degrees to the left with left leg into **left front stance** with **left outside middle block**.
2. Immediately follow with **right middle punch**. (1-2 one count)
3. Turning **180 degrees** using ITF turnaround into **right front stance** with **right outside middle block**. (ITF TURNAROUND: Front leg aligns with back leg, then turnaround bringing back leg in and then go back out with back leg into next stance.)
4. Immediately follow with **left middle punch**.(3-4 one count)
5. Turn 90 degrees to the left moving back(left) leg into **left back stance** with **left knife hand guarding block**.
6. Move right leg forward into **right front stance** with **right middle section fingertip**.
7. **Twist the right fingertip** counterclockwise so the palm faces downward while moving **left leg towards the right**. Spin **360 degrees** to the **left** with left leg landing forward into **left front stance** with **left backfist** to the temple.
8. Move forward with right leg into **right front stance** with **right backfist** to the temple.
9. Turn **270 degrees** to the left moving back(left) leg into **left front stance** with **left outside middle block**.
10. Immediately follow with **right middle punch**.(9-10 one count)
11. Perform ITF turnaround going out into **right front stance** with **right outside middle block**.
12. Immediately follow with **left middle punch**.(11-12 one count)
13. Turn **135 degrees** to the left moving back(left) leg into **left front stance** with **double outside middle block**.
14. Throw **back(right) front kick** landing forward into **right front stance**.
15. Execute **right middle punch**.
16. Execute **left middle punch**. (14-15-16 all one count)
17. Turn 90 degrees to the right moving front(right) leg into **right front stance** with **double outside middle block**.
18. Throw **back(left) front kick** landing forward into **left front stance**.
19. Execute **left middle punch**.
20. Execute **right middle punch**.(18-19-20 all one count)
21. Turn **45 degrees** to the left moving front(left) leg into **left front stance** with **left high block**.
22. Move forward with right leg into **right front stance** with **right high block**.
23. Turn **270 degrees** to the left moving back(left) leg into **sitting stance** with **left knifehand strike**.
24. **Shimmy sitting stance** to the right and execute **right knifehand strike** maintaining the sitting stance. Ki-Up...Loudly!