


YELLOW BELT GREEN TAG – 7th KUP

THEORY

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

Diagram = 

Anuro Makgi - Inward Block; a block that converges inwards towards the centreline of defender's body. (The same applies to the inward strike)

Bakuro Makgi - Outward Block; a block that moves outwards away from the centreline of the defender's body. (The same applies to the outward strike).

TERMINOLOGY

Straight Fingertip Thrust	▪	Sun Sonkut Tulgi
Back Fist Side Strike	▪	Dung Joomok Yop Taerigi
Wedging Block	▪	Hechyo Makgi
Circular Block	▪	Dollymyo Makgi
Double Forearm High Block	▪	Doo Palmok Nopunde Makgi
Turning Kick	▪	Dollyo Chagi
Back Piercing Kick	▪	Dwit Cha Jirugi
Release Motion	▪	Jappyosul Tae
Fast Motion	▪	Balli

GRADING SYLLABUS

BASIC TECHNIQUES

- | | |
|---|--------------|
| 1) Walking Stance Circular Block | Forward x 4 |
| 2) Walking Stance Double Forearm High Block,
L Stance Middle Punch | Backward x 4 |
| 3) Turning Kick
L Stance Backfist Side Strike | Forward x 4 |
| 4) Back Piercing Kick
L Stance Guarding Block | Forward x 4 |

PATTERNS

Chon Ji Tul
Dan Gun Tul
Do San Tul

SPARRING

3 Step Sparring

THEORY