**Yellow / green stripe belt - 7th Kup grading syllabus**

Student Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

☯ **Practical - what you need to do.**

Students need to learn and recall a Tae Kwon-Do syllabus to be able to pass a grading in order to move up the grades. Below is what is expected of the student. The knowledge needs to be maintained for the next grading as the examiner may ask the student to recall any of the previous syllabus also.

Variations of the grading format are at the examiner's discretion; this sheet is for guidance only. Answer examiners with “Sir” or “Ma’am” when spoken to.

Students need to recall all previous grading syllabus, plus:

* Identify yourself (name and grade)
* Pattern – Do San
* Walking Stance - Back Fist Side Strike
* Turning Kick land Knife Hand Guarding Block
* Walking Stance – Wedging Block
* Side Kick land Guarding Block
* Walking Stance - Straight Spear Fingertip Thrust
* 3 Step Sparring – Numbers 5, 6 & 7

☯ **Theory - what you need to say.**

The Korean language is challenging. We are not teaching students to be fluent in the art of the Korean language but to know technical phrases. The Korean language is ancient and has been influenced by many other cultures and languages, such as Japanese, Chinese and the West. The pronunciation can be challenging for younger students (to say the least) and there are disagreements as to the pronunciation of some words. I would suggest asking a higher-grade student or the instructor as to how to say certain words if you are finding it difficult.

Students need to recall all previous grading syllabus, plus learn the Korean terminology for the new techniques taught, belt colour and patterns.

**Green Belt –** Green signifies the plant's growth as Tae Kwon-Do skills begin to develop.

**Do-San –** Do San is the pseudonym of the patriot Ahn-Chang Ho (1876-1938) who devoted his life to furthering the education of Korea and its independence movement.

A pseudonym is a fictitious name. A name that an author may use to hide their real identity. Often this was to preserve their life by keeping their identity hidden.

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| **General** |  |  |  |  |  |
| FingertipsFixed stanceFree sparringKnife hand outward blockStraightStraight Fingertip ThrustOuter forearmWedging BlockWrist Release | SonkutGojong sogiJayoo MatsokiSonkal Bakaero MakgiSonSon Sonkut TulgiTulgiBakat Palmok Hechyo MakgiJap Yasol Tae | Attention stanceParallel ready stanceBowFront kickTurning kick | Charyot SogiNarani Junbi SogiKyong YeAp ChagiDollyo Chagi | Backfist Side strikeBackfist front downward strike | Dung Joomuk Yop TaerigiDung Joomuk Ap Naeryo Taerigi |

**What is 3 step sparring?**

Three step sparring is designed for the beginner to learn the basic techniques. It teaches the student many things i.e. proper distance, correct facing, forearm conditioning, correct blocks, correct stances, counter attacks and timing.

If the students arms do not touch their partners, they are too far away and the activity loses its purpose.

**THREE STEP SPARRING (SAMBO MATSOKI)**

Attack = Always three middle section front punches in walking stance, start with right leg back arms in obverse low block.

DEFENCES AS BELOW START FROM PARALLEL READY STANCE

5. Right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter attack = Move to the right into sitting stance parallel to opponent. Execute a left outer forearm block and a high section punch simultaneously.

6. Right leg back 'L' stance, middle knife hand block to the inside two times.

Counter attack = Move to the right, form a sitting stance parallel to opponent, execute left outer knife hand guard and a high inward knife hand strike to the neck.

7.Right leg back 'L' stance, middle outer forearm block to the inside two times.

Counter attack = Move right foot to left foot, pushing off left foot slide back at a 45 degree angle into a right 'L' stance with a forearm guarding block, execute a right front kick landing in a right walking stance double punch.

When was Taekwondo introduced into the UK? **1967**

**Do-San**

**Number of Movements:** 24

**Starting Position:** Parallel ready stance

1. Move the left foot to B, forming a left walking stance toward B while executing a high side block to B with the left outer forearm
2. Execute a middle punch to B with the right fist while maintaining a left walking stance toward B
3. Move the left foot on line AB, and then turn clockwise to form a right walking stance toward A while executing a high side block to A with the right outer forearm
4. Execute a middle punch to A with the left fist while maintaining a right walking stance toward A
5. Move the left foot to D, forming a right L-stance toward D while executing a middle guarding block to D with a knife-hand
6. Move the right foot to D forming a right walking stance toward D while executing a middle thrust to D with the right straight fingertip
7. Twist the right knife-hand together with the body counter clockwise until its palm faces downward and then move the left foot to D, turning counter clockwise to form a left walking stance toward D while executing a high side strike to D with the left back fist
8. Move the right foot to D forming a right walking stance toward D while executing a high side strike to D with the right back fist
9. Move the left foot to E, turning counter clockwise to form a left walking stance toward E while executing a high side block to E with the left outer forearm
10. Execute a middle punch to E with the right fist while maintaining a left walking stance toward E
11. Move the left foot on line EF, and then turn clockwise to form a right walking stance toward F while executing a high side block to F with the right outer forearm
12. Execute a middle punch to F with the left fist while maintaining a right walking stance toward F
13. Move the left foot to CE forming a left walking stance toward CE, at the same time executing a high wedging block to CE with the outer forearm
14. Execute a middle front snap kick to CE with the right foot, keeping the position of the hands as they were in 13
15. Lower the right foot to CE forming a right walking stance toward CE while executing a middle punch to CE with the right fist
16. Execute a middle punch to CE with the left fist while maintaining a right walking stance toward CE. Perform 15 and 16 in a fast motion
17. Move the right foot to CF forming a right walking stance toward CF while executing a high wedging block to CF with the outer forearm
18. Execute a middle front snap kick to CF with the left foot, keeping the position of the hands as they were in 17
19. Lower the left foot to CF forming a left walking stance toward CF while executing a middle punch to CF with the left fist
20. Execute a middle punch to CF with the right fist while maintaining a left walking stance toward CF. Perform 19 and 20 in a fast motion
21. Move the left foot to C forming a left walking stance toward C, at the same time executing a rising block with the left forearm
22. Move the right foot to C forming a right walking stance toward C while executing a rising block with the right forearm
23. Move the left foot to B, turning counter clockwise to form a sitting stance toward D while executing a middle side strike to B with the left knife-hand
24. Bring the left foot to the right foot and then move the right foot to A forming a sitting stance toward D while executing a middle side strike to A with the right knife-hand

**END:** Bring the right foot back to a ready posture.