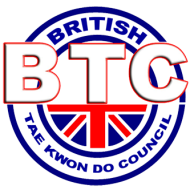
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**7th kup**

**Grade from Green ends to Green Belt.**

This grading provides a major progression in Taekwon-Do, a higher standard will be expected of you than at previous gradings. At this point in your training, you will be expected to think more about what movements you are doing, and offer your own viewpoint and interpretations.

**Belt Colour – Green Belt.**

Green Belt signifies the plant’s growth as the skills in Taekwon-Do begin to develop.

**Pattern: -** Do San

**Meaning:**

Do San is the pseudonym of the patriot Ahn Ch’ang Ho (1878-1938). The 24 movements represent his entire life which, he devoted to furthering the education of Korea and its independence movement.

**Pattern information:**

The pattern consists of 24 movements.

**The new movements introduced in this pattern are:**

Downward Block - Naeryo Makgi

Straight Fingertip Thrust - Sun Sonkut Tulgi

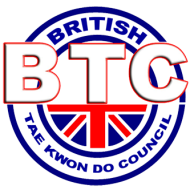
Release from Grab - Jappyo Sultae

High Section Backfist Strike - Nopunde Dung Joomuk Taerigi

Wedging Block - Hecho Makgi

Front Snap Kick, Double Punch - Ap Cha Busigi, Doo Jirugi

Sitting Stance, Knifehand Side Strike - Annun Sogi, Sonkal Yop Taerigi

**Techniques:**

The Korean terminology for the following techniques, and the parts of the body needed to execute them should be known.

**Kicks**

Instep Kick - Baldung Chagi (Striking Tool: Instep – Baldung)

Hooking Kick - Golcho Chagi (Striking Tool: Back Heel – Dwit Chook)

Reverse Hooking Kick - Bandae Golcho Chagi (Striking Tool: Back Heel – Dwit Chook)

Knee Kick - Moorup Chagi (Striking Tool: Knee – Moorup)

**Hand Techniques:**

Flat Fingertip Thrust - Opun Sonkut Tulgi

Arc Hand Strike - Bandalson Taerigi

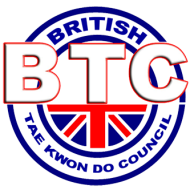
Palm Heel Strike - San Badak Taerigi

Knifehand Inward Strike - Sonkal Anaero Taerigi

Side Punch - Yop Jirugi

Twin Vertical Punch - Sang Sewo Jirugi

Twin Upset Punch - Sang Dwijibo Jirugi

**Blocks**

X Block - Kyocha Makgi

Palm Heel Upward Block - San Badak Ollyo Makgi

Waist Block - Hiro Makgi

Knifehand Rising Block - Sonkal Chookyo Makgi

Palm Heel Inward Block - San Badak Anaero Makgi

**Set Sparring**

Three Step Semi Free - Ban Jayo Matsoki

**Practical Techniques**

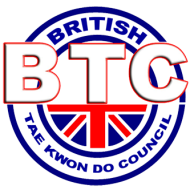
The techniques required will involve combinations slightly more complicated than the previous grading. These combinations may involve the use of three techniques and will tend to flow more. Jumping techniques may also begin to be practised at this point.

Examples of possible combinations:

Front Snap Kick off rear leg/ Turning Kick with same leg/ Reverse Punch/ Back to Fighting Stance.

Turning Kick/ Reverse Turning Kick/ Reverse Knifehand/ Back to Fighting Stance.

Obverse Punch/ Reverse Punch/ Front Snap Kick.

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