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7th Kup Theory

Do-San Tul 24 Moves

Do-San is the pseudonym of the patriot Ahn-Chang-Ho 1876-1938 who devoted his entire life to furthering the education of Korea and its Independent movement.

Green

The colour green symbolizes the plants growth as Tae Kwon-Do skills begin to develop.

New Techniques

High Section Outer Forearm Block	Nopunde Bakkat Palmok Makgi
Straight Fingertip Thrust	Son Sonkutt Tulgi
Release From Grab	Jappyo Sul Tae
Wedging Block	Hechyo Makgi
Back Kick	Dwit Chagi
Reverse Turning Kick	Bande Dollyo Chagi
Palm Pushing Block	Sombadak Mirro Makgi

DIRECTION OF TECHNIQUES.

Inward	Anuro
Outward	Bakkuro
Upward	Ollyo

Semi Free Sparring

Ban-Jayoo Mat Sogi