7th Gup High Yellow to 6th Gup Green

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| Pattern: |
| Do-San |
| Line Techniques/Motions:  Techniques will be listed by stance, height, tool/technique, in English, then Korean  \* = requires jump change |
| 1. Sitting stance side strike with the knife-hand 2. Annun sogi sonkal yop taerigi 3. Walking stance straight fingertip thrust 4. Gunnun sogi sun sonkut tulgi 5. Walking stance high side strike with the back fist 6. Annun sogi nopunde dung joomuk yop taerigi 7. Walking stance high wedging block with the outer forearm 8. Annun sogi nopunde bakat palmok hechyo makgi 9. L-stance lead leg turning kick\* 10. Niunja sogi ap dari dollyo chagi 11. L-stance skip turning kick\* 12. Niunja sogi duro gamyo dollyo chagi 13. L-stance flying side kick (Hint: hips/belt stay facing the way you start) 14. Niunja sogi twimyo yopcha jirugi 15. L-stance (inward) crescent kick 16. Niunja sogi (anuro) bandal chagi 17. L-stance outward crescent kick 18. Niunja sogi bakuro bandal chagi 19. L-stance mid-air front kick 20. Niunja sogi twio dolmyo apcha busigi 21. Walking stance high side block with the outer forearm (high block with the outer forearm), reverse punch 22. Annun sogi nopunde bakat palmok makgi, bandae jirugi 23. Walking stance high wedging block with the outer forearm, front kick, 1-2 punch\* 24. Annun sogi nopunde bakat palmok hechyo makgi, apcha busigi, hanna-dool jirugi 25. L-stance front kick, turning kick (consecutive (same leg)) 26. Niunja sogi apcha busigi, dollyo chagi (yonsok) 27. L-stance front kick; flying side kick (use the front kick as the step)\* 28. Niunja sogi apcha busigi; twigi yopcha jirugi |
| Balance Techniques: |
| 1. Four part back (piercing) kick 2. Front kick, turning kick consecutively in slow motion |

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| Target Techniques: |
| 1. Flying front kick 2. Back (piercing) kick 3. Skip side kick 4. Inward strike with the knife-hand 5. Jump high kick/flying front kick (above head height) |
| Force Shield Techniques: |
| 1. Side kick 2. Side strike with the knife-hand 3. (Reverse) Downward dropping elbow |
| Sparring: |
| Compulsory Step Sparring:  18. **Attack:** Step right into a fighting (L-stance) executing a right obverse center section punch. **Defense:** Step back into a right L-stance, execute a middle guarding block with the knife-hand. **Counter Attack:** Execute a right front kick to the knee, turning kick to the ribs (consecutively), performed in slow motion or tension-style. Set the foot down then execute a lead left flying side kick, landing in an L-stance, middle guarding block (with the forearm).  19. **Attack:** Step right into a fighting stance executing a right obverse center section punch. **Defense:** Step back into a right L-stance executing a right inward crescent kick to check the punch. **Counter Attack:**  Without setting the foot down, execute a high side kick to the chest. Set the foot down into a right walking stance, obverse downward knife-hand to the collar bone.  20. **Attack:** (Ask your partner to start in a right L-stance) Execute a right turning kick. **Defense:** Evade the kick with a stepping side kick (kicking with the left foot). Counter **Attack:** Set the left foot down towards your opponent into a left walking stance. Execute a reverse strike with the front elbow.  Step Sparring:  3 Advanced 3 step sparring routines (forward with attack, backwards defending, 2 counter attacks)  Free Sparring:   1. Point sparring with pads |
| Self Defense (Hosin Sul) |
| Release:   1. Spin and drop throw from a rear arm choke   Break Falls:   1. Front roll (left and right shoulders, to standing position) 2. Spin and drop throw from a rear arm choke |
| Breaking: |
| Hand Technique:   1. Front elbow strike   Foot Technique:   1. Lead leg side kick 2. Lead leg flying side kick (This is a Phoenix Group Standard. Phoenix Group expects 2 boards. Instructor/testing board to decide board color.) |

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| New Terms: |
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| History: |
| * Oral test given by judge on technique, all previous history, new pattern history and details about the form * Know the Korean Terms listed above. * Know the tool and possible for targets for each technique (IE what part of the hand do you use to punch) – Found on Quizlet and most of them on Jeopardy as well * Information on history can be found online at quizlet.com (no www. in front of it), do a search for sheshirley23 (careful, there is a similar username; make sure you get the correct one). Go to the “Classes” tab and select the Intermediate Class. Links to Jeopardy and Quizlet are also posted on [www.nocoinnaetkd.com](http://www.nocoinnaetkd.com) under the resources tab. |

\*Requires jump change

\*\*\*Please note that a student’s ability to correctly perform the required technique is only *one* consideration in determining the student’s readiness to test. General Choi, the founder of Taekwon-Do, ITF, Maum Sin Yong and In Nae Taekwon-Do have many other expectations for students as they increase in rank. Some, but not all of those considerations include: time at rank, attitude, ability to teach (green belt and above), conduct outside the dojang, abiding by the student oath and tenets of Taekwon-do, etc.. If you have questions about these, please see the head instructor. Also, please keep in mind that asking to test for rank is considered disrespectful and may postpone a student’s test.