

7th Kup

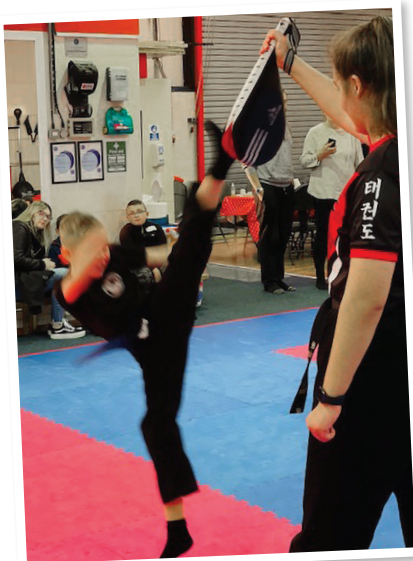
Green Stripe Syllabus

During the grading you will be tested through line work, patterns, and theory. Below are the new technical and theory requirements for this grade. Before you grade you need to ensure you can confidently perform the movements below. Please remember that you will also need to be proficient in the techniques from previous grading.

Use the tick the boxes to show you have learnt and practiced the techniques/skills/fitness and theory.

PATTERN

Do San (24 moves) is the pseudonym for the patriot Ahn Ch'ang-Ho (1876-1938). The 24 movements in the pattern represent his whole life, which he devoted to furthering the education of Korea and its independence movement



ATTACK MOVES

- Back Fist Strike (Dung Joomuk Taerigi)
- Knifehand Strike (Sonkal Taerigi)
- Straight fingertip thrust (Son Sonkut Tulgi)
- Reverse punch (Bandi Jirugi)

DEFENCE MOVES

- Outer forearm Block (Bakat Palmok Makgi)
- Wedging Block (Hechyo Makgi)
- Release Move (Jappyosul Tae)

STANCES

- L-Stance (Niunja Sogi)
- Walking stance (Gunnal Sogi)
- Sitting stance (Anun Sogi)

KICKS

- Front Kick (Ap Chagi)
- Side Kick (Yop Chagi)

SPARRING & FITNESS

Combination moves from the list of kicks, blocks and attacks above

- Jab Cross – change stance
- Back fist strike / reverse punch
- 3 Step sparring – (Sambo Matsoki) Number 1 and 2

THEORY

At the grading you will be asked up to 5 Theory questions from those listed on this page. As you progress through the grades you will build up your theory knowledge step by step. For children ages 11 and under please ensure you learn the pattern meaning, the belt meaning and at least 3 of the words from the list. Children of this age will be asked which words they have learned. Children aged 12 and over will be expected to learn all the words.

Of course feel free to learn as much theory as you like, this will help you as you progress to Black Belt.

- Meaning of **Do San** (as on page 16)
- Number of moves in **Do San** (24)
- 3 Step sparring **Sambo Matsoki**
- Outer forearm Block **Bakat Palmok Makgi**
- Reverse punch **Bandi Jirugi**
- Straight fingertip thrust **Son Sonkut Tulgi**
- Release Move **Jappyosul Tae**
- Side Kick **Yop Chagi**
- Wedging Block **Hechyo Makgi**

MEANING OF GREEN BELT

- A Green Belt signifies the plants growth as the Taekwondo skills begin to develop.



Use this box to write notes on your progress.

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