

## 7<sup>th</sup> Kup Grading Requirements

<b>Syllabus – For promotion to 6<sup>th</sup> Kup (Green Belt)</b>	
1.	Pattern – Do-San
2.	Up & Down Movements Forwards – Front Snap Kick, (Reaction) Double Punch Backwards – Low Section Outer Forearm Block; Outer Forearm Rising Block
3.	Sparring
4.	Destruction – Side Piercing Kick (both legs) Measuring and breaking, utilising relevant part of foot
5.	Terminology
NOTE: Revise all previous (physical & terminology)	

<b>Terminology</b>																			
1	<p><b>Do-San</b> – 24 Movements (Ready Posture = <i>NARANI JUNBI SOGI</i>)</p> <p>Do-San is the pseudonym (penname) of the patriot Ahn Chang Ho (1876-1938), who devoted his entire life to furthering the education of Korea and its independent movement.</p>																		
2	<p><b>GENERAL TERMINOLOGY</b></p> <table border="0"> <tr> <td>WEDGING</td> <td><i>HECHYO</i></td> </tr> <tr> <td>FINGERTIP</td> <td><i>SUN SONKUT</i></td> </tr> <tr> <td>THRUST</td> <td><i>TULGI</i></td> </tr> <tr> <td>CENTRE-LINE TURN</td> <td><i>GUJARI DOLGI</i></td> </tr> <tr> <td>RELEASING MOVEMENT</td> <td><i>BAEGI</i></td> </tr> <tr> <td>BACK FIST</td> <td><i>DUNG JOOMUK</i></td> </tr> <tr> <td>FOREARM GUARDING BLOCK</td> <td><i>PALMOK DAEBI MAKGI</i></td> </tr> <tr> <td>FREE SPARRING</td> <td><i>JAYU MATSOGI</i></td> </tr> </table>	WEDGING	<i>HECHYO</i>	FINGERTIP	<i>SUN SONKUT</i>	THRUST	<i>TULGI</i>	CENTRE-LINE TURN	<i>GUJARI DOLGI</i>	RELEASING MOVEMENT	<i>BAEGI</i>	BACK FIST	<i>DUNG JOOMUK</i>	FOREARM GUARDING BLOCK	<i>PALMOK DAEBI MAKGI</i>	FREE SPARRING	<i>JAYU MATSOGI</i>		
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3	<p><b>NEW MOVES IN DO-SAN</b></p> <table border="0"> <tr> <td>HIGH SECTION OUTER FOREARM BLOCK</td> <td><i>NOPUNDE BAKAT PALMOK MAKGI</i></td> </tr> <tr> <td>STRAIGHT FINGERTIP THRUST</td> <td><i>SUN SONKUT TULGI</i></td> </tr> <tr> <td>HIGH SECTION OUTER FOREARM WEDGING BLOCK</td> <td><i>NOPUNDE BAKAT PALMOK HECHYO MAKGI</i></td> </tr> </table> <p>EXTRA INFO...</p> <table border="0"> <tr> <td>INWARD BLOCK</td> <td><i>ANURO MAKGI</i></td> <td>= any block which <b>travels inward, towards the users body</b></td> </tr> <tr> <td>OUTWARD BLOCK</td> <td><i>BAKURO MAKGI</i></td> <td>= any block which <b>travels outward, away from the users body</b></td> </tr> <tr> <td>INSIDE BLOCK</td> <td><i>AN MAKGI</i></td> <td>= any block which <b>exposes the inside of the opponents body to a counter attack</b></td> </tr> <tr> <td>OUTSIDE BLOCK</td> <td><i>BAKAT MAKGI</i></td> <td>= any block which <b>exposes the outside of the opponents body to a counter attack</b></td> </tr> </table> <p>e.g. The middle block in Choon-Ji is a...</p> <p>MIDDLE SECTION INNER FOREARM, OUTWARD BLOCK <i>KAUNDE AN PALMOCK, BAKARU MAKGI</i></p>	HIGH SECTION OUTER FOREARM BLOCK	<i>NOPUNDE BAKAT PALMOK MAKGI</i>	STRAIGHT FINGERTIP THRUST	<i>SUN SONKUT TULGI</i>	HIGH SECTION OUTER FOREARM WEDGING BLOCK	<i>NOPUNDE BAKAT PALMOK HECHYO MAKGI</i>	INWARD BLOCK	<i>ANURO MAKGI</i>	= any block which <b>travels inward, towards the users body</b>	OUTWARD BLOCK	<i>BAKURO MAKGI</i>	= any block which <b>travels outward, away from the users body</b>	INSIDE BLOCK	<i>AN MAKGI</i>	= any block which <b>exposes the inside of the opponents body to a counter attack</b>	OUTSIDE BLOCK	<i>BAKAT MAKGI</i>	= any block which <b>exposes the outside of the opponents body to a counter attack</b>
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COURTESY - INTEGRITY - PERSISTENCE - SELF-CONTROL - INDOMITABLE SPIRIT

4	<p><b>MEANING OF THE COLOUR GREEN</b></p> <p>Green signifies the plants growth as Taekwon-Do skills begin to develop.</p>
5	<p><b>DESCRIBE AND DEMONSTRATE ALL OF THE MOVEMENTS IN DO-SAN...</b></p> <p>e.g.      1<sup>st</sup> movement      <i>WEN GUNNUN SO, NOPUNDE BAKAT PALMOK YOP MAKGI</i>                       6<sup>th</sup> movement      <i>ORUN GUNNUN SO, SUN-SONKUT TULGI</i>                       8<sup>th</sup> movement      <i>ORUN GUNNUN SO, NOPUNDE DUNG JOOMOK TAERIGI</i></p>
6	<p><b>SIDE PIERCING KICK – YOP CHA JIRUGI</b></p> <p>Part of use...</p> <p>FOOT SWORD      <i>BALKAL</i></p>