

Promotion to Green Stripe – 7th Kup

- **Warm Up**

Sprint on the spot
25 press ups
25 sit ups
25 jumping jacks
Sitting stance - single punch
Sitting stance - double punch
Sitting stance - triple punch

- **Traditional Line Work**

Walking stance - obverse rising block + reverse punch
Walking stance - front snap kick (back leg), obverse, reverse punch
L-stance - knife hand guarding block
L-stance - twin forearm block
L-stance - side kick, knife hand strike

- **Patterns**

Up to and including *Dan-Gun*.

- **Freestyle Line Work**

Backfist - reverse punch
Lead leg front kick to turning kick
Double punch – Lead leg side kick

- **Sparring Skills & Set Sparring**

Three step semi free sparring (good variety of kicks)

- **Bag Work**

Side kicks (back leg)

- **Pad Drills**

Pad drills 1 & 2 (right & left side)

- **Self Defence**

Single wrist grab (same side)

- **Theory**

All theory to be learnt on the reverse of this document

PROMOTION TO GREEN STRIPE

1. **What is the meaning of green belt?**
Please see below.
2. **How many movements are there in pattern Dan Gun and what is its meaning?**
Please see below.

MEANING OF BELT COLOURS

GREEN: Signifies the plant's growth as Tae Kwon Do skills begin to develop.

Dan-Gun Tul (21 movements)

Dan Gun is named after the Holy Dan Gun, the legendary founder of Korea in the year 2333 B.C.

To be learnt when you are a yellow belt, 8th Kup.

