

## Promotion to Green Belt – 6<sup>th</sup> Kup

- **Warm up**
  - Sprint on the spot
  - 25 press ups
  - 25 sit ups
  - 25 jumping jacks
  - Sitting stance - single punches
  - Sitting stance - double punches
  - Sitting stance - triple punches
- **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
  - Sitting stance – knife hand strike
  - Side kick, back kick – L stance forearm guard
  - High section turning kick – L stance knife hand guard
- **Patterns** Up to and including Do-San.
- **Freestyle line work**
  - Backfist - ridgehand
  - Ridgehand – reverse punch
  - Lead leg switch axe kick – double punch
  - Step through side kick – reverse punch
  - Hook kick – turning kick (same leg)
  - Outward to inward crescent kick – spinning crescent kick
  - Double punch – jump back kick
- **Sparring skills & set sparring**
  - Three step semi free sparring (good variety of kicks) hand & leg counter attacks
  - Three step sparring numbers 1 to 4
- **Bag work**
  - Front, turning and sidekicks (back leg) with both sides.
- **Paddle work**
  - Inward to outward crescent kicks
  - Outward to inward crescent kicks
- **Pad drills**
  - Pad drill 1 (right and left side)
  - Pad drill 2 (right and left side)
- **Self defence**
  - Single hand grab to throat
  - Double handed grab to lapel
  - All previous self defence techniques to be included
- **Theory**
  - All theory to be learnt on the reverse of this document

# PROMOTION TO GREEN BELT

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

## MEANING OF BELT COLOURS

GREEN: Signifies the plants growth as Tae Kwon Do skills begin to develop.

### Do-San Tul (24 movements)

Do-San is a pseudonym of the patriot Ahn Chang-Ho (1876 - 1938). The 24 movements represent his entire life which he devoted to furthering education in Korea and the Korean independence movement.

To be learnt when you are a green stripe, 7<sup>th</sup> Kup.

