

PROMOTION TO GREEN STRIPE (7TH KUP)

Warm Up

- Spot sprints
- 20 press ups
- 20 sit ups
- 20 jumping jacks
- 15 squat thrusts

Traditional Line Work

- L-stance – knife hand guarding block
- L-stance – twin forearm block
- Walking stance – low block, rising block
- Walking stance – high section outer forearm block, reverse punch
- Walking stance – wedging block
- Sitting stance – knife hand strike

Patterns

- Up to and including Dan-Gun

Freestyle Line Work

- Backfist – reverse punch
- Lead leg front kick-turning kick combination
- Double punch – lead leg side kick
- Jump front kick (back leg)

Set Sparring

- One step sparring
- Three step semi-free sparring (front, turning, side kick combo)

Self Defence

- Single wrist grab (same side)

Pad Drills

- 1, 2 (right & left side)

Kicking Technique

- Side kicks (back leg)

Theory

- All theory to be learnt on the reverse of this document

PROMOTION TO GREEN STRIPE (7TH KUP)

- 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.
- 3. In Dan-Gun, what height are the punches?**
High section (eye level).
- 4. What is the weight distribution on the legs when performing an L-Stance?**
70% on the rear leg, 30% on the lead leg.
- 5. What part of the foot do you use when performing a side kick?**
The foot sword (the outer edge of the foot, from the little toe to the heel).

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.

KOREAN NUMBERS:

One – “Hanna” 하나

Two – “Dool” 둘

Three – “Set” 셋

Four – “Net” 넷

Five – “Dasaul” 다섯

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