

Promotion to Green Belt – 6th 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
 - L-stance - side kick, knife hand strike
- **Patterns**
 - Up to and including *Do-San*
- **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**
 - Front kick to turning kick (back leg kicks) with both sides.
- **Pad Drills**
 - Pad drills 1 & 2 (right & left side)
- **Self Defence**
 - Double handed grab to lapel
- **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 plant's 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, 7th Kup.

