

## 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**
  - L-stance – knife hand guarding block
  - L-stance – twin forearm block
  - Walking stance – low block, rising block, reverse punch
  - Walking stance – high section outer forearm block, reverse punch
  - Walking stance – wedging block, front kick (back leg), obverse, reverse punch
  - Sitting stance – 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
  - Jump front kick (Back leg)
- **Set Sparring**
  - Three step semi-free sparring (blend front kicks, turning kicks, side kicks together)
  - Three step sparring (1-4)
- **Self Defence**
  - Double handed grab to lapel
- **Pad Drills**
  - Pad drills 1 & 2 (right & left side)
- **Bag Work**
  - Front kick to turning kick (back leg kicks) with both sides
- **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, 7<sup>th</sup> Kup.

