

## Promotion to Green Stripe – 7<sup>th</sup> 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 drill 1
  - Pad drill 2
- **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 plants 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, 8<sup>th</sup> Kup.

