



Promotion to Green Stripe – 7th 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
Sitting stance – knife hand strike
- **Patterns** Up to and including Dan-Gun.
- **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)
- **Sparring skills & set sparring**
Three step semi free sparring (good variety of kicks) leg counter attacks
Three step sparring numbers 1 to 3
- **Bag Work**
Bag work – Side kicks (back leg) 10 each leg
- **Pad drills**
Pad drill 1 (right and left side)
Pad drill 2 (right side only)
- **Self defence**
Front kick defence
Single wrist grab (same side)
All previous self defence techniques to be included
- **Theory**
All theory to be learnt on the reverse of this document



PROMOTION TO GREEN STRIPE

What part of the foot do you use when performing a back kick?

The foot sword (balkal) (the outer edge of the foot – from the little toe to the heel).

2. What does a twin forearm block defend against?

One overhead attack and one middle section attack, either a kick or hand strike.

3. What is the weight distribution in your legs, when performing a walking stance?

50% on both legs.

4. What is the meaning of green belt?

Please see below.

5. How many movements are there in pattern Dan Gun and what is its meaning?

Please see below.

6. What part of the foot do you use when performing a front and traditional turning kick?

The ball of the foot.

7. Why do we learn three step sparring and three step semi free sparring?

** Three step sparring - is for developing Focus, Distance and Timing, as well as Stances, Blocks and Attacking Techniques.*

Three step semi free sparring - This is to help develop the true art of sparring.

MEANING OF BELT COLOURS

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

KOREAN:

One	-	Hanna
Two	-	Dool
Three	-	Seth
Four	-	Neth
Five	-	Dasaul

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, 8th Kup.