

## 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
  - 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**
  - Side kicks (back 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

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.

