

PROMOTION TO GREEN BELT (6TH KUP)

Warm Up

- Spot sprints
- 20 press ups
- 20 sit ups
- 20 jumping jacks
- 15 squat thrusts

Traditional Line Work

- L-stance – knife hand guarding block
- L-stance – twin forearm block
- Walking stance – low block, rising block
- Walking stance – high section outer forearm block, reverse punch
- Walking stance – wedging block
- Sitting stance – knife hand strike

Patterns

- Up to and including Do-San

Freestyle Line Work

- Backfist – reverse punch
- Lead leg front kick- turning kick
- Double punch – lead leg side kick
- Jump front kick (back leg)

Set Sparring

- One step sparring
- Three step semi-free sparring (front kicks, turning kicks, side kicks)

Self Defence

- Double handed grab to lapel

Pad Drills

- 1, 2 (right & left side)

Kicking Technique

- Front kick to turning kick (back leg kicks) with both sides

Theory

- All theory to be learnt on the reverse of this document

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1. **Why do we Ki-Ha on attacking techniques?**
To make our techniques stronger, to make us more confident, and to scare and stun the opponent.
2. **What does a Wedging (Hechyo) block defend against?**
A double-handed grab, double-handed push, double-handed front choke, or twin vertical punch.
3. **What is the weight distribution in your legs when performing a Sitting Stance (Annun Sogi)?**
50% on both legs.
4. **What does "Courtesy" mean?**
To be polite, have good manners, and show respect to all others, be they instructor or student, above or below your grade.
5. **What is the meaning of green belt?**
Please see below.
6. **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.

KOREAN NUMBERS:

Six – “Yosaul” 여섯

Seven – “Ilgop” 일곱

Eight – “Yodoll” 여덟

To be learnt when you are a green stripe, 7th Kup.