



7th Kup Do San 2 months 24 movements

Technical

Understand and correctly perform all 10th to 8th Kup techniques

Identify the following parts of the body:

Backfist, Footsword and Fingertips

Understand and correctly perform the following defensive techniques:

Outer forearm high block, Outer forearm wedging block and release from a grab

Understand and correctly perform the following offensive techniques:

Straight fingertip thrust, Backfist high side strike, Turning kick and Side piercing kick

Correctly perform 3-stp and Semi-free sparring

Theory

Understand all 10th to 8th Kup requirements

Know the meaning of the pattern Do San

Understand the purpose of each technique in pattern Do San

Know the meaning of the "green" belt colour

Grading Requirements

Perform pattern Do San

3-step sparring

3-step semi free sparring

Power test using standard focus boards:

Minimum 1 break - choice technique - identifying the technique and attacking tool used

General theory appropriate to a 7th Kup student

Theory Questions

- 1) What is the pattern you have learnt?
- 2) How many movements does it have?
- 3) What is the meaning of the pattern you have learnt?

Requirements:

- **Do-San Tul** (*click for description*)
- **Two Step Sparring (1-4)** (IBO MATSOGI) (*click for description*)
- **Semi-Free Sparring** (BAN JAYU MATSOGI)

Power:

- Side Piercing Kick
- Turning Kick

English - Korean	
Hand Parts	
Fingertip	Sonkut
Palm	Son Badak
Defending Techniques	
Outer Forearm High Side Block	Bakat Palmok Nopunde Yop Makgi
Wedging Block	Hechyo Makgi
Waist Block	Hori Makgi
X-Fist Pressing Block	Kyocha Joomuk Noollo Makgi
Palm Inward Block	Son Badak Anuro Makgi
Knifehand Rising Block	Sonkal Chookyo Makgi
Attacking Techniques	
Straight Fingertip Thrust	Sun Sonkut Tulgi
Twinfist Vertical Punch	Sang Joomuk Sewo Jirugi
Twinfist Upset Punch	Sang Joomuk Dwijibo Jirugi
Back Fist High Side Strike	Dung Joomuk Nopunde Yop Taerigi
Flat Fingertip Thrust	Opun Sonkut Tulgi

Do-San Tul (24 Movements):

Do-San is the pseudonym of the patriot Ahn Chang Ho (1876 - 1938). The 24 movements of this pattern represent Mr. Ahn's life which he devoted to furthering the education of Korea and its independence movement.

Meaning of Green Belt:

Green signifies the plants growth

4) What is the purpose of the first part of the 7th movement?

5) What is the significance of the number "24"

a) with regards to Tae Kwon Do in general?

b) with reference to pattern Do San?

6) Name and identify four parts of the hand you have learnt do far

7) What part of the foot would you use for:

a) *Yopcha jirugi* b) *Dollyo Chagi*

c) *Apcha Busigi*

8) In Tae Kwon Do what does the colour "green" signify?

9) Name and identify three sections

10) Within the three sections identified in question 9) there are focus levels. Name and identify each section's focus level