

# GRADING REQUIREMENTS FOR 7<sup>TH</sup> KUP GREEN TAGS

## DO SAN

24 MOVEMENTS

IS THE PSEUDONYM OF THE PATRIOT AHN CH'ANG HO (1876 – 1938) THE 24 MOVEMENTS REPRESENT HIS ENTIRE LIFE WHICH HE DEVOTED TO FURTHERING THE EDUCATION OF KOREA AND IT'S INDEPENDENCE MOVEMENT.

AS PREVIOUS GRADING PLUS:-

### **PRACTICAL/FLOORWORK**

FIXED STANCE/ BENT READY STANCE/ SITTING STANCE KNIFEHAND STRIKE

### LINWORK

COMBINATIONS/ DOUBLE OUTER FOREARM BLOCK/ BASIC FIGHTING TECHNIQUES  
WEDGING BLOCK

### PATTERNS

CHON-JI TUL, DAN GUN TUL, DO SAN TUL

### SET SPARRING

3 STEP SPARRING 1 – 8

### THREE STEP SEMI FREE SPARRING

### SELF DEFENCE

LAPEL GRABS.

### **THEORY**

PATTERN MEANING, INSTRUCTORS, AFFILIATION, MEANING OF TAE KWON DO  
TENETS OF TAE KWON DO, COUNTING IN KOREAN, RULES OF THE DOJANG  
GREEN BELT MEANING, BASIC KOREAN MOVES AND STANCES