



Revision information for: 7 KUP

Green belt – Signifies the plants growth as Taekwon-do skills begin to develop.

Pattern:

DO SAN (24 Movements)

is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to the furthering the education of Korea and its independent movement.

STANCES

Walking Stance	GUNNAN SOGI
`L' Stance	NIUNJA SOGI
Parallel ready	NARANI JUMBI SOGI
Sitting Stance	ANNAN SOGI

BLOCKS

High Outer Forearm Block	NOPUNDE BAKAT PALMOK MAKGI
Knife Hand Guarding Block	SONKAL DAEBI MAKGI
Wedging Block	HECHYO MAKGI

ATTACKS

Middle Reverse Punch	KAUNDE BANDEA AP JOOMUK JIRUGI
Middle Straight Fingertip Trust	KAUNDE SUN SONKUT TULGI
High Back Fist Side Strike	NOPUNDE DUNG JOOMAK YOP TAERIGI
Middle Obverse Punch	KAUNDE BARO JIRUGI
Knife Hand Strike	KAUNDE SONKAL TAERIGI
Middle Front Snap Kick	KAUNDE AP CHA BUSIGI

OTHER THERORY

Three Step Sparring	SAMBO MATSOKI
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BLOCKS

Knife Hand Block

SONKAL MAKGI

Palm Pushing Block

SONBADAK MIRO MAKGI

ATTACKS (HAND)

Inward Knife Hand Strike

ANURO SONKAL TAERIGI

Reverse Knife Hand Strike

SONKAL DUNG TAERIGI

ATTACKS (LEG)

Reverse Side Kick

BANDAE YOP CHAGI

Downward (axe) Kick

NAERYO CHAGI

PARTS OF HAND

Finger Tip

SONKUT

Back fist

DUNG JOOMOK

PARTS OF THE FOOT

Heel

DWIT CHOOK