

South Midlands Tae Kwon-Do

GRADING INFORMATION – 7th K UP / GREEN TAG

Practical Grading Required

Pattern - Do San

Side Kick – Forearm Guarding Block

Turning Kick – Knife-hand Guarding Block

Walking Stance - Wedging Block

Walking Stance - Straight Fingertip Thrust

Walking Stance - Backfist Side Strike

3 Step Sparring (5 6 7)

Theory Study Required

Meaning of Green Belt

Green signifies the plant's growth as Tae Kwon-Do skills begin to develop.

Interpretation of Do San

Do San, 24 movement pattern - is the pseudonym of the patriot Ahn Chang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and its independence movement.

Korean Terminology Study Required

Outer forearm wedging block Bakat palmok hechyo makgi

High outer forearm block Nopunde bakat palmok makgi

Inward knife-hand strike Anuro sonkal taerigi

Backfist side strike Dung joomuk yop taerigi

Straight fingertip thrust Sun sonkut tulgi

Front snap kick Apcha busigi

Back kick Dwit chagi

Wrist release Jappyosol tae

Footsword Balkal

Ball of the foot Ap kumchi

Instep Baldung

Head Mori

Left Wen

Right Orun

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)

