







Green stripe – Green Belt












Tip work for Warriors and juniors is as follows:

 Walking stance wedging block, Name the new pattern? - Do San How many moves in Do San? - 24

  Walking stance fingertip thrust, Sitting stance knife hand strike

   Walking stance back fist strike, Turning kicks

    1 Step Sparring No. 4 (inward block back fist strike) Over 7's, Turning kick break

     Do San, Meaning of Do San?

The grading will be as follows:

1. Presentation and etiquette
2. Walking stance fingertip thrust
3. Walking stance wedging block
4. Walking stance back fist strike
5. Turning kick
6. Do San
7. Free sparing
8. 1 step No.4 inward block back fist
9. Breaking turning kick
10. Questions

The following questions will need to be learned before progressing.

- **What is twin forearm block in Korean?** Sang palmok Magki)
- **How many moves are in Do san?** 24
- **What is the Meaning of Do San?** Do San is pseudonym (nick name) Of An Chang Ho, The 24 moves represent his life, which he devoted to furthering the education of Korea and its independents movement.
- **What does the green belt signify?** The Green Belt signifies the plant's growth as the TaekwonDo skill begins to develop.
- **Name 2 kicks in Korean?** Ap Chagi (front kick) Yop Chagi (Side Kick) Dolyio Chagi (turning Kick) Bandae Dollyo Chagi (reverse turning kick) Neryeo Chagi (Axe kick)
- **What is hetcho Magki used for?** To prevent an attacker from grabbing or holding you.