



# HED TKD

TAE KWON-DO SCHOOLS

## GRADING INFORMATION 7<sup>TH</sup> KUP – GREEN TAG

### PRACTICAL

Basics and Patterns from Previous Gradings  
Pattern Do San  
Walking Stance Back fist Side Strike  
Turning Kick, Knife Hand Guarding Block  
3 Step Sparring (No's 5 to 7)

Combinations from patterns  
Wedging Block  
Straight fingertip thrust.

### MEANING OF COLOUR GREEN

Signifies the plant's growth as Tae Kwon-Do skill begins to develop.

### INTERPRETATION OF THE PATTERN

Do San 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. 24 moves.

### NEW MOVEMENTS IN PATTERN

Outer Forearm High Side Block  
Spot Turn  
Straight Fingertip Thrust  
Release Technique  
Back Fist High Side Strike  
Outer Forearm Wedging Block  
Knife Hand Middle Side Strike

Bakat Palmok Nopunde Yop Makgi  
Gujari Dolgi  
Sun Sonkut Tulgi  
Jappyosul Tae  
Dung Joomuk Nopunde Yop Taerigi  
Bakat Palmok Hechyo Makgi (*high section*)  
Sonkal Kaunde Yop Taerigi

### NEW MOVEMENTS IN 3 STEP SPARRING

Outer Forearm Outward Block  
Knife Hand Outward Block  
High Front Punch  
Knife Hand Inward Strike  
Sliding

Bakat Palmok Bakero Makgi  
Sonkal Bakero Makgi  
Nopunde Ap Joomuk Jirugi (*to jaw bone*)  
Sonkal Anuro Taerigi (*to neck*)  
Mikulgi

### NEW TERMINOLOGY

Fingertips  
Reverse Turning Kick  
Inward  
Outward

Sonkut  
Bandaedollyo Chagi  
Anuro  
Bakero

Front  
Back  
Thrust

Ap  
Dwit  
Tulgi