**GRADING INFORMATION – 7th Kup 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 Back fist Side Strike

3 Step Sparring (5 6 7)

**Theory Study Required**

**Interpretation of Do San -** Do San, a 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 it's independence movement.

**Meaning of Green Belt**

Green belt signifies the plants growth as Tae kwon do’s skill begin to develop

**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

Back fist side strike Dung joomuk yop taerigi

Straight fingertip thrust Sun sonkut tulgi

Front snap kick Apcha busigi

Knife hand outward block Sonkal bakaero Makgi

Back kick Dwit chagi

Sliding Mikulgi

Fingertip Sonkut

Back fist Dung joomuk

Wrist release Jappyosol tae

Foot sword Balkal

Ball of the foot Ap kumchi

Instep Baldung

Head Mori

Left - Wen Right - Orun