

Information For 7th Kup (Green stripe going for green belt)

Technical

Understand and correctly perform all 10th, 9th and 8th kup techniques.

Name and demonstrate all stances learned so far (gunun, annun, charyot, niunja, narani)

Understand and correctly perform the following defensive techniques:

An magki, bakat magki, anuro magki, bakuro magki. (know what they are in English too)

Understand and perform the following:

Obverse Punch (baro jirugi), Reverse Punch (bandae jirugi), release from a grab (movement 7 Do San)

Perform pattern Do San and pattern Dan Gun

Perform 3 step sparring and semi-free sparring

Theory Test for 7th Kup Students

1. What is the name of the Pattern you have learned? **Do San**
2. How many movements does it have? **24**
3. What is the meaning of this pattern? **Do San was the pseudonym of the patriot Ahn Chang-Ho (1876-1938)**
4. What is the purpose of the 1st part of move 7? **Release from a grab**
5. What is the significance of the number 24
 - a) with regard to Taekwon-do? **There are 24 Taekwon-Do patterns. 24 represents the hours in a day and the whole life of General Choi Hong Hi devoted to Taekwon-Do**
 - b) with reference to Do San? **24 movements in Do-San represent Ahn Chang-Ho's entire life which he devoted to furthering the education of Korea and to its independence movement.**
6. Name and identify 4 parts of the hand learned so far. **(forefist / knifehand /backfist / reverse knifehand)**
7. What part of the foot would you use for
 - a) yop cha jirugi? **Balkal (footsword)**
 - c) ap cha busigi? **Ap Kumchi (front sole)**
 - b) dollyo chagi? **Ap Kumchi (front sole) or Baldung (instep)**
8. In Taekwon-do, what does the colour green signify? **The plant's growth as the Taekwon-Do skills develop**
9. Name and identify the three sections. **(High section – nopun bubun (from shoulder level up). Middle section – Kaun bubun (from waist to shoulder level). Low section – najun bubun (below the waist)**
10. Within the three sections identified in question 9, there are focus levels. Name and identify each section's focus level. **High level (nopunde) eye level, Middle level (kaunde) shoulder level, Low level (najunde) lower abdomen**

No further theory sheets will be provided. It is recommended that you now buy a student handbook for your next grading, which covers the theory in a lot more detail