

## Information For 7th Kup(Green Tags)

### Technical

Understand and correctly perform all 10<sup>th</sup>, 9<sup>th</sup> and 8<sup>th</sup> kup techniques.

Name and demonstrate all stances learned so far (walking, sitting, attention, L, parallel)

Understand and correctly perform the following defensive techniques:

Inside block, Outside Block, Inward Block, Outward Block.

Understand and perform the following:

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

Perform pattern Do San and pattern Dan Gun

Perform 3 step and 3 step 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 1<sup>st</sup> 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**