**7th Kup Green Strip Revision Sheet**

**Green Belt means:**

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

**Practical:**

Basics and Patterns from Previous Grading’s Combinations from patterns

Pattern Do San Wedging Block

Walking Stance Back fist Side Strike Straight fingertip thrust.

Turning Kick, Knife Hand Guarding Block

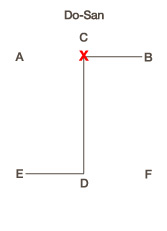
3 Step Sparring (No’s 5 to 7)

**Do San:**

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.



**Terminology:**

Outer Forearm High Side Block Bakat Palmok Nopunde Yop Makgi

Spot Turn Gujari Dolgi

Straight Fingertip Thrust Sun Sonkut Tulgi

Release Technique Jappyosul Tae

Back Fist High Side Strike Dung Joomuk Nopunde Yop Taerigi

Outer Forearm Wedging Block Bakat Palmok Hechyo Makgi (high section)

Knife Hand Middle Side Strike Sonkal Kaunde Yop TaerigiOuter Forearm Outward Block Bakat Palmok Bakero Makgi

Knife Hand Outward Block Sonkal Bakero Makgi

High Front Punch Nopunde Ap Joomuk Jirugi (to jaw bone)

Knife Hand Inward Strike Sonkal Anuro Taerigi (to neck)

Sliding MikulgiFingertips Sonkut

Reverse Turning Kick Bandae Dollyo Chagi

Inward Anuro

Outward Bakero

Thrust Tulgi

Back Dwit

Front Ap