

PHIL THOMAS SCHOOLS OF TAEKWONDO

GRADING INFORMATION – 7th KUP / GREEN TAG

Practical Grading Required

Pattern – **Do San**

Walking Stance Wedging Block
First 2 moves of Do San
Turning Kick Knife – Hand Guarding Block
Straight Finger Thrust
Walking Stance Back Fist Side Strike
Side Kick Guarding Block

3 Step Sparring 5/6/7 (details on separate sheet)

Theory Study Required

Meaning of Green Belt

Green signifies the plants as Tae Kwon-Do skills begin to develop

Interpretation of Do San

Do San, 24 movement pattern – is the pseudonym of the patriot Ahn Ch'ang Ho (1876-1938) who devoted his entire life to furthering the education of Korea and it's independent movement.

Korean Terminology Study Required

Wedging Block	Hechyo makgi
Side Kick	Yop Chagi
Turning Kick	Dollyo Chagi
High back-fist front strike	Nopunde dung joomuk ap taerigi
Middle straight fingertip thrust	Kaunde son sonkut tulgi
High back-fist side strike	Nopunde dung joomuk yop taerigi
High outer forearm (outwards) block	Anaero son badak makgi
Knife hand guarding block	Sonkal daebi makgi
Wrist release	Jappysol tae
Foot Sword	Balkal
Ball of Foot	Ap Kumchi
Head	Mori