



# 7<sup>th</sup> Kup Yellow Belt Green Stripe Grading + Assessment Information

Kings Cubs Will need to go through the entire tag system

KTA will receive a black tag on completion of a pre grading

## Orange Tag



- Dan Gun
- Do San (1<sup>st</sup> Half)
- 3 Step Sparring Basic
- Turning Kick (Line Work)
- Side Kick (Line Work)

## Blue Tag



- Dan Gun
- Do San
- 3 Step Sparring Basic
- Turning Kick Measure
- Side Kick Measure
- Reverse Punch Measure
- Semi Free Sparring

## Black Tag



- Dan Gun
- Do San
- Turning Kick Measure
- Side Kick Measure
- Reverse Punch Measure
- 3 Step Sparring Basic
- Semi Free Sparring

## Pregrading

- Dan Gun
- Do San
- 3 Step Sparring Basic
- Semi Free Sparring
- Turning Kick Measure
- Side Kick Measure
- Reverse Punch Measure
- Theory

# Grading Practical

- Dan Gun
- Do San
- 3 Step Sparring Basic
- Semi Free Sparring
- Turning Kick Measure
- Side Kick Measure
- Reverse Punch Measure
- Theory

## Theory Examples

**1. What is the meaning of Do San?**

Do San is the pseudonym of the patriot Ahn Chang Ho (1876 – 1938). The 24 movements represent his entire life which he devoted to furthering the education of Korea and its independent movement.

**2. What is the meaning of Green Belt?**

Green belt signifies a plant's growth as Tae Kwon-Do skills begin to develop.

**3. What part of the foot is used when performing a turning kick?**

Ball of the Foot - Apkumchi

**4. What is the target for a straight fingertip thrust?**

Solar Plexus

**5. What is the first movement in pattern Do San?**

High Outer Forearm Side Block  
Napunde Bakat Palmok Yop Magki

# Terminology

## General Terminology

Wrist Release --- Jappyosol tae  
Semi Free Sparring --- Ban jayu matsogi

## Parts of the Body

Back Fist --- Dung joomuk  
Fingertip --- Sokut

## Attacking Techniques

Straight Fingertip Thrust --- Sun sonkut tulgi  
High Back Fist Strike --- Napude dung joomuk taerigi  
Turning Kick --- Dollyo Chagi  
Front Snap Kick --- Apcha busigi

## Defending Techniques

High Outer Forearm Side Block --- Napunde bakat palmok yop makgi  
High Outer Forearm Wedging Block --- Napunde bakat palmok hechyo makgi