

GRADING INFORMATION – 7th KUP / GREEN TAG

Practical Grading Required

Pattern – Do San

Side Kick – Forearm Guarding Block
Turning Kick – Knife-hand Guarding Block
Walking Stance – Wedging Block
Walking Stance – Straight Fingertip Thrust
Walking Stance – Backfist Side Strike
3 Step Sparring (5 6 7)

Theory Study Required

Meaning of Green Belt

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

Interpretation of Do San

Do San, 24 movement pattern – 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.

Korean Terminology Study Required

Outer forearm wedging block	Bakat palmok hechyo makgi
High outer forearm block	Nopunde bakat palmok makgi
Inward knife-hand strike	Anuro sonkal taerigi
Backfist side strike	Dung joomuk yop taerigi
Straight fingertip thrust	Sun sonkut tulgi
Front snap kick	Apcha busigi
Back kick	Dwit chagi
Wrist release	Jappyosol tae
Footsword	Balkal
Ball of the foot	Ap kumchi
Instep	Baldung
Head	Mori
Left	Wen
Right	Orun

(Variations of the grading format are at the examiners discretion, this sheet is for guidance only)

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