



TESTING FROM 7th GUP TO 6th GUP

7G

(Testing to Green Belt)

Student name: _____

Patterns

Do-San

Dan-Gun

Classes required to test = 24

Kicking

Double Side Piercing Kick - Lead leg sliding motion

Triple Turning Kick - Rear leg stepping motion High Section

Jumping Front Snap Kick - Rear leg Alternating feet

Fitness Requirement

Push-ups - 25

Sparring

Three Step Sparring with a partner - Set 3

Free Sparring - Hand and Foot Combinations

Free Sparring - Sideways Dodging

Ho Shin Sool

Breakfalls - to the back, to the side

Capture a Front Kick

Deflecting grabs, punches

Theory

Do-San pattern Interpretation:

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 to its independence movement. Do-San has 24 movements and its diagram is the shape of one "stair step" up and to the right.

Meaning of Green Belt:

Green signifies the plant's growth as the Taekwon-Do skill begins to develop.

The nine reasons for practicing Courtesy as listed in General Choi's Encyclopedia:

1. To promote the spirit of mutual concessions
2. To be ashamed of one's vices, contemplating those of others
3. To be polite to one another
4. To encourage the sense of justice and humanity
5. To distinguish instructor from student, senior from junior, and elder from younger
6. To behave according to etiquette
7. To respect others possessions
8. To handle matters with fairness and sincerity
9. To refrain from giving or accepting any gift when in doubt

Show:

The Characteristics of a Sitting Stance (Anun Sogi): The sitting stance is 1.5 shoulders width wide, measured from the big toes. The feet are even and parallel and therefore the stance has no length. The weight is distributed evenly between both feet with the knees bent over the balls of the feet. The chest and abdomen are pushed out and the hips pulled back. This stance is performed full or side facing.