

# 7<sup>th</sup> Kup Yellow Belt, Green Stripe

For more info consult Training Manual One: Fundamental Tae Kwon-Do © available from your Instructor

## Grading Syllabus for 7<sup>th</sup> Kup

### Exercises

Sajo-Jirugi 1&2  
 Pattern CHON-JI  
 Pattern DAN-GUN  
 Pattern DO-SAN (see p.3)  
 Three-step sparring number 1-5 (see p.4)  
 Three-step semi-free sparring  
 Intermediate self defence

### Linework

Combination: High outer forearm block, middle reverse punch (W-S)  
 Straight fingertip thrust (W-S)  
 Wedging block (W-S)  
 Comb: Front kick, double punch (W-S)  
 Hook kick (L-S f-arm guard)  
 Basic kicks

Measure with a hook kick against a board

Theory relevant to grade

## Essential Korean Terms for 7<sup>th</sup> Kup

### General Terms

Side	YOP
Front	AP
Back	DWIT
Straight	SON
Twin	SANG
Double	DOO
Jumping	TWIGI
Flying	TWIMYO
Kick	CHAGI
Block	MAKGI
Stance	SOGI
Punch	JIRUGI
Strike	TAERIGI
Thrust	TULGI

### Body Parts

Fingertips	SONKUT
Backfist	DUNG JOOMUK
Knifehand	SONKAL
Footsword	BALKAL
Ball of the foot	AP KUMCHI
Back sole	DWIT KUMCHI
Back heel	DWIT CHOOK

### Stances

Walking stance	GUNNUN SOGI
L-Stance	NIUNJA SOGI
Sitting Stance	ANNUN SOGI
Fixed Stance	GOJONG SOGI

### Blocking / Evading Techniques

High outer forearm block	NOPUNDE BAKAT PALMOK-MAKGI
Inwards outer forearm-block	ANURO BAKAT PALMOK-MAKGI
Outward knifehand block	BAKURO SONKAL MAKGI
Knifehand guarding block	SONKAL DAEBI MAKGI
Rising block	CHOOKYO MAKGI
Wedging block	HECHYO MAKGI
Release from grab	JAPIO SUL TAE

### Kicking Techniques

Front snap kick	AP CHABUSIGI
Turning kick	DOLLYO CHAGI
Side kick	YOP CHAGI
Side-piercing kick	YOP CHAJIRUGI
Back kick	DWIT CHAGI
Hook kick	GORO or GOLCHO CHAGI

### Attacking Techniques

High punch	NOPUNDE JIRUGI
Double punch	DOO JIRUGI
Outward knifehand strike	BAKURO SONKAL TAERIGI
Straight fingertip thrust	SON SONKUT TULGI
Backfist strike	DUNG JOOMUK TAERIGI

### Sparring

Three-step sparring	SAMBO MATSOKI
Free sparring	JAYOO MATSOKI
Three-step semi-free sparring	BAN JAYOO MATSOKI

# Essential Grading Theory for 7<sup>th</sup> Kup

You must learn the following to be eligible to grade to 6<sup>th</sup> Kup

## Belt Colours

**Yellow:** Yellow Belt signifies **earth**, from which a **plant sprouts** and takes root as a **Tae Kwon-Do foundation is being laid**

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

## Pattern DO-SAN – 24 moves

DO-SAN is the pseudonym of the **patriot AHN CHANG-HO (1876 to 1938)**, who devoted his entire life to **furthering the education of Korea** and its **Independent Movement**.

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### 7<sup>th</sup> Kup General Knowledge

#### **The History of DO-SAN:**

AHN CHANG-HO (1876-1938), a farmer's son, joined the 'Independent Association' at the age of 18 to try to promote Korea as an Independent nation in the eyes of the world. When the Korean Emperor was tricked by the Japanese to abdicate in 1907, a number of Protestant Christians led by AHN CHANG-HO formed the 'New People's Association' and worked to preserve Korean education and industry. The group also carried out armed attacks on Japanese targets outside of Korea until it collapsed in 1911 when most of its members were captured. AHN CHANG-HO managed to escape to the United States where he organised the 'Young Korean Academy' to educate future Korean national leaders. He became strongly opposed to military means of gaining independence and worked to defend and develop Korean education and culture. In 1919 he was one of 33 patriots who formed the SAM-IL Independence Movement in Korea and later that year became a minister of the Korean Provisional Government in exile in Shanghai. He was captured by the Japanese in 1932 and died in jail in 1938, aged 62. His nickname, 'DO-SAN' means *Island Mountain*, a reference to the solitary strength of the Hawaiian Island Oahu (capital Honolulu), his stop off point on his way to the U.S.A. 'DO' can also mean peaceful and beautiful and in martial arts term it actually means art, way or method; essentially the 'peaceful way' of the martial artist.

**What is a pseudonym (pronounced 'soo-do-nim')?** It is a made-up name, authors' penname or a nickname. 'DO-SAN' was a nickname meaning *'Island Mountain'* and even the founder, General Choi had a pseudonym that he used when writing books. It was 'CH'ANG HON' meaning *'blue cottage'*.

**What is a 'patriot'?** A person who loves their country, working to improve it or defend it from its enemies.

**What was the 'Independent Movement'?** A peaceful protest against the Japanese occupation of Korea from around 1895 to 1945.

**How many patterns are there in Tae Kwon-Do and why this number?** The founder believed that the life of one person is equivalent to a day (24 hours) in the history of mankind. The 24 patterns represent 24 hours, one day, or an entire life.

**Why do we do 3-step semi-free sparring?** This teaches us more than 3-step, as we have to consider using the correct blocks against a variety of attacks and improve our body-shifting and reaction force. 3-step semi-free is the basis for developing free sparring ability.

**What is distancing?** The judgement of the length of the arms and legs and your position relative to your opponent to allow the correct application of a technique.

**What is timing?** Blocking too soon or too late will miss the incoming attack. Timing comes from experience where you judge your opponent's ability and speed and apply techniques at the right time.

**What is focus?** Focus is aiming, putting techniques exactly where you need them to go. It can also mean 'mental focus', having a balanced, focussed mind.

**What are the four stances of Do-San?** Parallel ready stance, walking stance, L-stance, sitting stance.

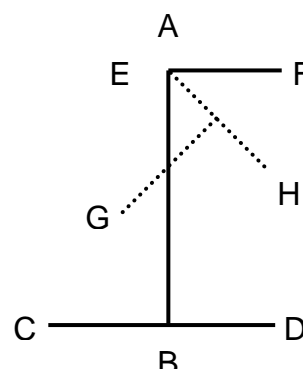
# Pattern 3: Do-San

## 24 moves

### Parallel Ready Stance

Start at B facing A

1. Move left foot to C  
Left walking stance, high outer forearm block  
GUNNUN SOGI, NOPUNDE BAKAT PALMOK MAKGI
2. Middle reverse punch (maintain stance as in 1)  
KAUNDE BANDAE JIRUGI
3. Turn and block towards D  
Right walking stance, high outer forearm block  
GUNNUN SOGI, NOPUNDE BAKAT PALMOK MAKGI
4. Middle reverse punch (maintain stance as in 3)  
KAUNDE BANDAE JIRUGI
5. Move left foot to A  
Right L-stance, middle knifehand guarding block  
NIUNJA SOGI, KAUNDE SONKAL DAEBI MAKGI
6. Move right foot to A  
Right walking stance, middle straight fingertip thrust  
GUNNUN SOGI, KAUNDE SON SONKUT TULGI
7. Twist hips anti-clockwise  
Release from grab  
JAPIO SUL TAE  
Move left foot anticlockwise to A  
Left walking stance, high backfist strike  
GUNNUN SOGI, NOPUNDE DUNG-JOOMUK TAERIGI
8. Move right foot to A  
Right walking stance, high backfist strike  
GUNNUN SOGI, NOPUNDE DUNG-JOOMUK TAERIGI
9. Move left foot anticlockwise to F  
Left walking stance, high outer forearm block  
GUNNUN SOGI, NOPUNDE BAKAT PALMOK MAKGI
10. Middle reverse punch (maintain stance as in 9)  
KAUNDE BANDAE JIRUGI
11. Turn and block towards E  
Right walking stance, high outer forearm block  
GUNNUN SOGI, NOPUNDE BAKAT PALMOK MAKGI
12. Middle reverse punch (maintain stance as in 11)  
KAUNDE BANDAE JIRUGI



### New Techniques:

High outer forearm block  
NOPUNDE BAKAT PALMOK MAKGI

Middle reverse punch  
KAUNDE BANDAE JIRUGI

Middle straight fingertip thrust  
KAUNDE SON SONKUT TULGI

Release from grab  
JAPIO SUL TAE

High backfist strike  
NOPUNDE DUNG-JOOMUK TAERIGI

High wedging block  
NOPUNDE HECHYO MAKGI

Middle front snap kick  
KAUNDE AP CHABUSIGI

**Note:** *straight fingertip thrust* targets the sternum; and *wedging block* defends against a high twin attack

13. Move left foot to right foot then left foot to H  
Left walking stance, high wedging block  
GUNNUN SOGI, NOPUNDE HECHYO MAKGI
14. Middle front snap kick with the right leg to H  
KAUNDE AP CHABUSIGI
15. Land in right walking stance, middle obverse punch  
GUNNUN SOGI, KAUNDE BARO JIRUGI
16. Middle reverse punch *Perform 15 and 16 in a fast motion*  
KAUNDE BANDAE JIRUGI
17. Move right foot to left foot then right foot to G  
Right walking stance, high wedging block  
GUNNUN SOGI, NOPUNDE HECHYO MAKGI
18. Middle front snap kick with the left leg to G  
KAUNDE AP CHABUSIGI
19. Land in left walking stance, middle obverse punch  
GUNNUN SOGI, KAUNDE BARO JIRUGI
20. Middle reverse punch *Perform 19 and 20 in a fast motion*  
KAUNDE BANDAE JIRUGI
21. Move left foot to right foot then left foot to B  
Left walking stance, rising block  
GUNNUN SOGI, CHOOKYO MAKGI
22. Move right foot to B  
Right walking stance, rising block  
GUNNUN SOGI, CHOOKYO MAKGI
23. Move left foot anticlockwise to C  
Sitting stance, middle outward knifehand strike (left  
ANNUN SOGI, KAUNDE BAKURO SONKAL TAERIGI
24. Move left foot to right foot, then right foot to D  
Sitting stance, middle outward knifehand strike (right arm)  
ANNUN SOGI, KAUNDE BAKURO SONKAL TAERIGI

### Bring right foot back to ready stance

#### Three-Step Sparring 1 to 5:

Attacker starts, left walking stance, low outer forearm block - defender starts in parallel ready stance

**Defence 1:** Right leg back, walking stance middle inner forearm block (three times to the inside), counter with a reverse punch (right arm) in walking stance.

**Defence 2:** Left leg back, L-stance middle inner forearm block (three times to the outside), counter by stepping the right foot to the outside of the opponent's right foot, sitting stance right outward knifehand strike (to the neck if taller than opponent, otherwise to floating ribs)

**Defence 3:** Right leg back, L-stance middle outer forearm block (three times to the inside), counter by sliding the right foot to the right and forwards, forming a sitting stance facing the opponent, executing a right forefist punch upon landing, followed by a left forefist punch.

**Defence 4:** Left leg back, L-stance inwards outer forearm block (three times to the inside), counter by slipping the right left forward into a right walking stance, right high backfist strike to the temple.

**Defence 5:** Right leg back, L-stance knifehand guarding block (twice to the inside). On the third move step the right leg to the right, sitting stance facing the opponent, simultaneous left middle outward knifehand block (to the inside) with a right high forefist punch.

#### Hints for Do-San:

- (1) *Complete each move.* Do not rush the first block in an attempt to accelerate the following punch (i.e. move 1 to 2).
- (2) *Release from grab.* Perform this move (7) as a 'whole body' motion, using the twist of the body below the waist and through the hips to accelerate the technique and the spin of the body to release. It is far more effective than trying to release from a grab with just an arm movement.
- (3) *Wedging block.* Maintain the same hand position of the block during the subsequent front kick for finesse and control (moves 14 & 18).
- (4) *Sitting stance movement.* Maintain the same head height when moving in sitting stance (move 23 to 24). This makes it harder for the opponent to detect movement and also helps to strengthen the legs.

#### Self-Defence

Wrist & lapel grabs

Single front choke

Same side shoulder grab (from behind)

Opposite side shoulder grab (from behind)

Double front choke