

7th Kup - Yellow Belt, Green Stripe

Pattern Do-San

- Do-San means **Island Mountain**
- Do-San has **24 moves**
- Do-San is the nickname of an important Korean leader who compared himself to the lonely Hawaiian Islands in the Pacific Ocean



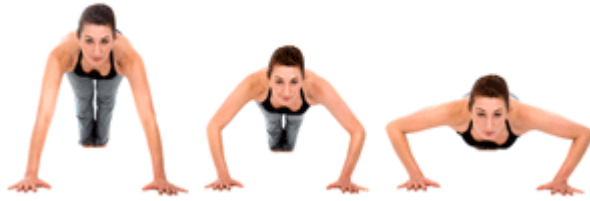
What is Perseverance?

- Perseverance is to **work hard**
- Perseverance is to **keep trying**
- Perseverance helps us to improve our Tae Kwon-Do techniques

'if at first you don't succeed, try, try again!'

Why do we do press ups?

- Press ups strengthen our arms and wrists



The Korean word for a kick is
CHAGI



The Korean word for a stance is
SOGI

