


Green Tag ▷ Green Belt

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 independence movement.

Number of movements = 24

Diagram = 

Fundamentals

Forward Straight Fingertip Thrust- Walking Stance x4

Backward High Block, Reverse Fingertip Thrust
- Walking Stance x4

Forward Wedging Block - Walking Stance x4

Backward Knifehand Guarding Block - L Stance x4

3 Step Sparring

Attack - Walking Stance High Punch x3

Defence - Walking Stance High Block x3
Counter attack - Reverse Fingertip Thrust

Theory Questions

Pattern name and meaning

What is Fast Motion? Used in Multiple Techniques.
First movement has full sine wave, following moves have smaller sine wave

| | |
|---------------------------|------------------|
| Wedging Block | Hechyo Makgi |
| Front Snap Kick | Ap Cha Busigi |
| Ball of the Foot | Apkumchi |
| Straight Fingertip Thrust | Sun Sonkut Tulgi |
| High Block | Nopunde Makgi |
| Backfist | Dung Joomuk |
| Inner Forearm | An Palmok |
| Outer Forearm | Bakat Palmok |

Grading Test - 7th Kup

• Patterns

Chon-Ji to Do-San

• Fundamentals

• Padwork

Front Leg Turning Kick
- Double Punch x3 left & right

Side Kick, Back Kick x3

Knifehand Side Strike x3 left & right

• Sparring

3 Step Sparring

• Power Test

Side Kick (choice of leg)

• Theory Questions

